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## The Keep

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The Post Amerikan (1972-2004)

The Post Amerikan Project

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8-1-1998

### Volume 27, Number 4

Post Amerikan

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Poem for Tom Kuster

More photos from benefit

Healthier eating tips from Marcee



# POST AMERIKAN



BLOOMINGTON/NORMAL

VOLUME 27

50¢

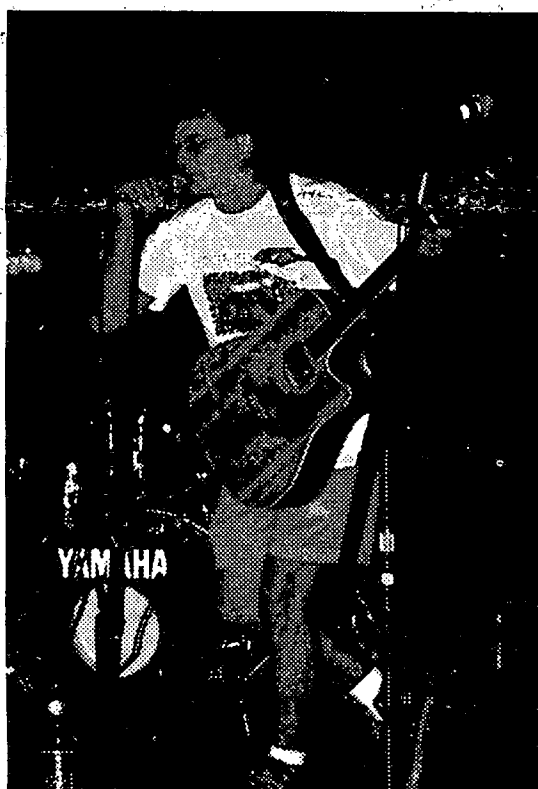
NUMBER 4

AUGUST/SEPTEMBER 1998

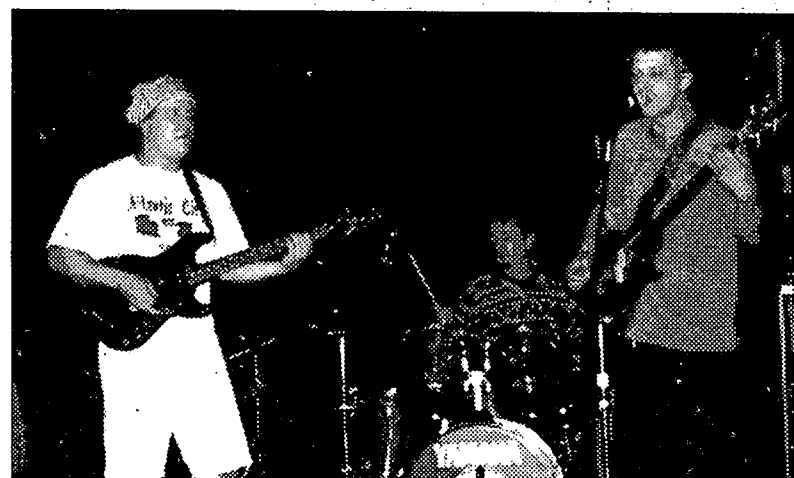
## Midsummer Night Amerikan Dream



Barbie, our emcee.



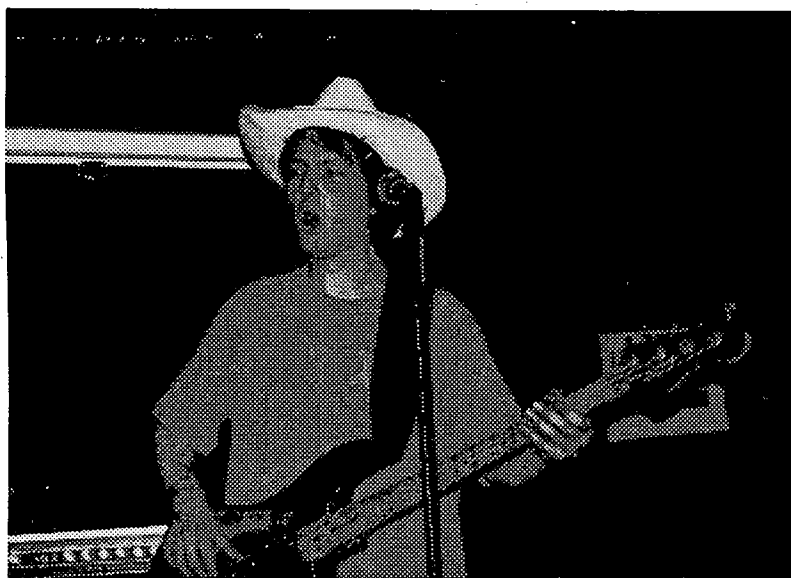
Dean of Wiplo



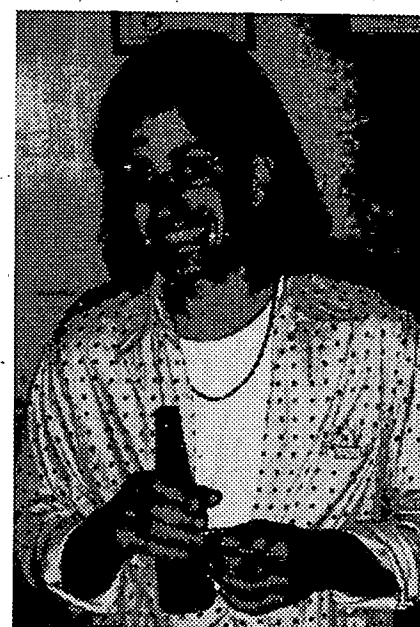
Spider Webster.



Ruth Buzzy.



...Ruth Buzzy continued.



James Cisco.

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# PAGE 2



BLOOMINGTON/NORMAL

VOLUME 27

NUMBER 4

AUGUST/SEPTEMBER 1998

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## About us

The *Post Amerikan* is an independent community newspaper providing information and analysis that is screened out of or down played by establishment news sources. We are a non-profit, worker-run collective that exists as an alternative to the corporate media.

We put out six issues a year. Staff members take turns as "coordinator." All writing, typing, editing, graphics, photography, pasteup, and distribution are done on a volunteer basis. You are invited to volunteer your talents.

Most of our material and inspiration for material comes from the community. The *Post Amerikan* welcomes stories, graphics, photos, letters, and new tips from our readers. If you'd like to join us, call 828-4473 and leave a message on our answering machine. We will get back to you as soon as we can. Don't worry if it takes a while--we don't meet every week.

An alternative newspaper depends directly on a community of concerned people for existence. We believe it is very important to keep a newspaper like this around. If you think so too, then please support us by telling your friends about the paper, donating money to the printing of the paper, and telling our advertisers you saw their ad in *Post Amerikan*.

## Subscriptions

Subscriptions to the *Post Amerikan* are available for the low price of \$6.00 per year for six complete issues.

Please send a check (made payable to the *Post Amerikan*) to: *Post Amerikan*, P.O. Box 3452 Bloomington, IL 61702.

This issue of *Post Amerikan* is brought to you by...

Barbie, David, Linda,  
Ralph, Sherrin & Steve

## Post Sellers

### Bloomington

AIDS Task Force, 313 N. Main (inside)  
About Books, 221 E. Front (inside)  
Bakery Banc, 901 N. Main  
Barnes & Noble, Veterans and Rt. 9 (inside)  
Bus Depot, 533 N. East  
Circus Video, (Emerson and Main)  
Common Ground, 516 N. Main (inside)  
Front and Center Building  
Gaston's Upper Cut, 409 N. Main (inside)  
Last Chance Newstand, 404 N. Main (inside)  
Law and Justice Center, 104 W. Front  
Lizard's Lounge, 612 N. Main St.  
Medusa's, 420 N. Madison (inside)  
Mystic Link, 1206 Towanda Ave. Su.4 (inside)  
Once Upon a Time, 311 N. Main (inside)  
The Park Store, Wood and Allin (inside)  
Twin City Exchange, 411 N. Main (inside)  
U.S. Post Office, Center and Monroe  
U.S. Post Office, 1511 E. Empire  
Wash House, 609 N. Clinton

### Normal

Acme Comics, 115 W. North (inside)  
Amtrak Station, 100 Parkinson  
Babbitt's Books, 104 North (inside)  
Bus stop, (School and Fell)  
Coffee World CoffeeHouse, 114 E. Beaufort  
Deadpan Alley Records, 129 E. Beaufort (inside)  
Koffee Kup, 205 W. North  
Mother Murphy's, 111 North (inside)

### Champaign

Babbitt's Books, 614 E. Green, (inside)

## What's your new address?

When you move, be sure to send us your new address so your subscription gets to you. Your *Post Amerikan* will not be forwarded (it's like junk mail--no kidding!). Fill out this handy form with your new address and return it to us, P.O. Box 3452, Bloomington, IL 61702.

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City/State/Zip \_\_\_\_\_

## Due Date:

The due date for submitting articles to the *Post Amerikan* is: (please laser print your articles in columns of 3" using Palatino 10pt. type if possible.)

**Sept 15**

## Good numbers

ACLU.....454-7223  
Advocacy Council for Human Rights.830-2521  
AIDS Hotlines  
National.....1-800-AID-AIDS  
Illinois.....1-800-243-2437  
Local.....827-AIDS  
Alcoholics Anonymous.....828-7092  
Amnesty International-ISU ...Miomi@ilstu.edu  
Animal Protection League.....828-5371  
Bloomington Housing Authority.....829-3360  
Boys and Girls Club.....829-3034  
Clare House (Catholic workers).....828-4035  
Countering Domestic Violence.....827-7070  
Dept. of Children/Family Services.....828-0022  
Gay & Lesbian Resource Phonenumber...438-2429  
Habitat for Humanity.....829-0693  
HELP (transportation for senior citizens/handicapped).....828-8301  
Home Sweet Home Mission.....828-7356  
IL Dept. of Public Aid.....827-4621  
IL Lawyer Referral.....1-800-252-8916  
Incest Survivors Support Group.....827-5051  
Lighthouse (substance abuse treatment).....827-6026  
McLean Co. Center for Human Services...827-5351  
McLean Co. Health Dept.....888-5450  
McLean Co. Humane Society.....663-7387  
McLean Co. Peace Coalition.....828-7070  
Mid Central Community Action.....829-0691  
Mobile Meals.....828-8301  
Narcotics Anonymous.....1-800-779-6178  
National Health Care Services/abortion assistance.....1-800-322-1622  
Occupational Development Center....452-7324  
Operation Recycle.....829-0691  
Parents Anonymous.....827-4005  
PATH (Personal Assistance Telephone Help).827-4005  
Phone Friends.....827-4005  
PFLAG(Parents, Families and Friends of Lesbians and Gays).....663-0831  
Planned Parenthood (medical).....827-4014  
(bus/couns/edu).....827-4368  
**Post Amerikan..... 828-4473**  
Prarie State Legal Services.....827-5021  
Project Oz.....827-0377  
Rape Crisis Center.....827-4005  
Safe Harbor Mission(Salvation Army) .829-9476  
Sunnyside Neighborhood Center.....827-5428  
TeleCare (senior citizens).....828-8301  
Unemployment comp/job service.....827-6237  
Voice for Choice.....828-3108  
Western Ave. Community Center.....829-4807



# Community News

## Beyond Normal Films

BNF is a not for profit organization that selects foreign and independent films to be shown at the Normal Theater. The Normal Theater is located in Downtown Normal. Parking is available off-street throughout the downtown area as well as the lot located behind the theater. Admission is \$4.00.

### Washington Square

Thursday, August 6 7pm

Friday, August 7 7pm

Saturday, August 8 7 & 9:30pm

Sunday, August 9 7pm

Catherine grows up sheltered at 16 Washington Square, a beautiful town house in 1850s New York. She's a plain, awkward wallflower of a girl who has been rejected by her wealthy, worldly doctor father, Austin Sloper, because his wife died giving birth to her. Despite her sweet, demure ways, Catherine is nothing more than a painful reminder of lost love to Austin. And when she meets the young, dashing (and penniless) Morris, who sweeps her off her feet and wishes to marry her, everyone especially Austin is convinced that Morris is interested only in her hefty dowry. What ensues is a subtle psychological battle of wills between Catherine and Morris; and, more importantly, between Catherine and her father. She, in the process, learns to be brave and ultimately to discover a sense of self.

### Ma Vie En Rose

Thursday, August 20 7pm

Friday, August 21 7pm

Saturday, August 22 7 & 9:15pm

Sunday, August 23 7pm

"Ma Vie En Rose" ("My Life in Pink") is the story of Ludovic, a little girl born in a little boy's body. For him, nothing is more natural than to change his gender. As a hopeful and sensitive child, he truly believes that a miracle is going to happen. He will be a girl, no doubt about it, and he's in love with Jerome, his schoolmate, and son of his father's colleague. Initially a source of amusement, an outrage begins in their suburb when the two boys are discovered pretending to get married. The family begins to realize with horror that his desire to be a girl isn't just a little boy's fantasy. They try to make him change his mind, to no avail. The situation turns into a real-life drama of intense reactions from neighbors, friends, and teachers, resulting in a profoundly optimistic ending.

### The Winter Guest

Thursday, Sept. 3 7pm

Friday, Sept. 4 7pm

Saturday, Sept. 5 7 & 9:30pm

Sunday, Sept. 6 7pm

This adaptation of Sharman Macdonald's play, "The Winter Guest" is set in a seaside town in Scotland on the coldest day in living memory, a day so cold even the sea has frozen solid. On this day, an elderly woman arrives uninvited and unexpected at the home of her grown up daughter, who is still grieving the death of her husband, and offers a mother's

usual unsolicited advice and opinions.

Juxtaposed against the interplay between Frances and Elspeth are the doings of three other pairs of local residents. Each of the four pairs will come together, draw back and reunite in a different place in their relationship, their rhythms echoing the eternal retreat and advance to the ocean tide.

### Gabbeh

Thursday, Sept. 17 7pm

Friday, Sept. 18 7pm

"Gabbeh" named after the central character and the carpet she weaves, is a poetic and fabulist love story set among the nomadic Ghashghai tribe of southeastern Iran, where a young woman pleads for her father's permission to marry. Her father forbids her to marry the man she loves; as she Gabbeh travels with the tribe, her lover follows at a distance on horseback.

"Gabbeh" combines a fable with a documentary-life look at nomadic life. It unfolds imagery so startling and beautiful that it will keep viewers rapt. "Life is color," says one character; a man's hand changes colors as he points to the sky and flowers.

### Mrs. Dalloway

Thursday Sept. 19 7 & 9:15pm

Friday Sept. 20 7pm

"Mrs. Dalloway" is a romantic drama with deep psychological insight into the world of urban English society in the summer of 1923, five years after the end of World War I. During the course of a single June day, Clarissa Dalloway, a fashionable "perfect hostess" in her early fifties, confronts the decisions she made as a vibrant young woman thirty years before. She wonders if she was right to have chosen a safe, comfortable marriage to successful politician Richard Dalloway over the more romantic and adventurous life she could of had with her other suitor, Peter Walsh, who unexpectedly returns from India on this eventful day.

--BNF schedule

## Recycled Music Sale

The GLT Recycled Music Sale will take place August 21-23 at College Hills Mall in Normal.

Musical items such as records, CD's, music books, instruments and stereo equipment will be available for sale.

All proceeds will benefit GLT 89 FM, Listener Supported Radio

--GLT89FM



## Classy Fried Ad

Wanted: Illustrator for children's book. Prefer impressionistic, "fine art" style, but will consider others. Please send at least 2 samples of your work, cover letter, and SASE to: J. Thomas, 114 Carol St., Carrboro, N.C. 27510.



### WRITE YOUR TEXT

1.....2.....3.....4.....5.....  
6.....7.....8.....9.....10.....  
11.....12.....13.....14.....  
15.....16.....17.....18.....  
19.....20.....21.....22.....  
23.....24.....25.....

### THE DETAILS

\_\_\_ FOR SALE  
\_\_\_ WANTED  
\_\_\_ FOR RENT  
\_\_\_ FREE  
\_\_\_ OTHER

### MAIL TO:

CLASSY FRIED ADS  
C/O POST AMERIKAN  
P.O. BOX 3452  
BLOOMINGTON, IL 61702

### HOW IT WORKS:

1. A MAIL MATCHES AD OF 25 WORDS OR LESS COSTS \$5 AND RUNS FOR ONE ISSUE. EACH WORD OVER 25 COSTS 50¢ ADDITIONAL.



# Thinking Spirits

Are persons evil by their actions or by their thoughts or both? Do we have souls? I want to believe. I want to believe that life is more than organic whatnot; that humans will prevail under and beyond the whip of time. Will we be judged at death? We have a culture of judgment. Why not in death, too. It's what you think that's the window to your soul, not your eyes.

Let's look at thoughts and rape.

(A) John Doe throws a party at his house. During the party he makes sexual advances toward Jane. She declines. He is not put off by this and the party continues through its natural course. Everyone leaves.

John goes to bed. Before he sleeps, he fantasizes about raping Jane. He gets pleasure through the fantasy through self gratification. He never tells anyone about the fantasy. No one ever finds out. Jane never finds out either or gets pregnant or a sexually transmitted disease from John's fantasy.

Did John commit a crime?

(B) John Doe throws a party. During the party he makes sexual advances toward Jane, which she rejects. During the party, however, Jane gets very drunk on her own. She passes out on the couch. The party ends and everyone leaves, except Jane, who's still blacked out.

When everyone is gone, John removes Jane's clothes and has sex with her. She remains unconscious the whole time. No one ever finds out. Jane never finds out either or gets pregnant or an STD from John's act.

Did he commit a crime?

I see no moral difference between scenario (A) and (B). In both cases Jane wasn't affected or did she give her permission. And if someone asked you for your permission to rape you in fantasy, would you grant it? If you constantly fantasize about rape, you're a rapist. If you kill people constantly in your thoughts, you're a murderer. Even if you never actually do it, although that's just fine by us.

Of course, legally, scenario (A) is not a crime. It's not my intention, either, to suggest we need thought police. We got the government for that. Think what you want at will, but here's the twist to this thought experiment.

Let's assume that when you die, your soul (defined here as the essence of your being and record of your life) is separated from the physical world. It enters a community of souls, for lack of better description, where time is not a factor, where communication is on a telepathic level. Then what you think just might be felt by other individual souls. If you think of hurting others, they might feel the pain.

Okay, okay, I'm getting to my point.

So you don't believe in soul or the religious hype. That's cool. Then I'll call soul a conscience. People without a conscience are sociopaths. The unsuccessful sociopaths were people like Ted Bundy and John Wayne Gacy. Successful ones make excellent politicians and CEO's. How these people think about you matters. Of course, there is no such thing as thought crime.

Think what you want. Forbid your mind nothing.

And my point is simple, even cliché. If your thoughts are dark and hateful, even if you don't act on them, try to find out why. Hate will eat you up inside, eat your conscience, your hope.

And there may be more to this life than biology.

--Phillip Camus



## We are not making this up

The Social Security agency's fraud hotline received more than 75,000 calls last year. Amount recovered as a result: \$55,900.

Number of wiretap requests approved by state and federal judges last year: 1186. Number of wiretap requests turned down by state and federal judges: 0

Some 200,000 Germans in over 20 cities now belong to car-sharing clubs.

While inflation appears to be under control elsewhere, the Pentagon continues to have trouble. It is paying \$75 for metal set screws estimated to be worth 57 cents. The military paid \$714 each for bells used in its aircraft. Prior to 1994, the bells cost \$46.68. 31,108 tiny metal springs were bought for \$1.24 each. They previously had cost 2 cents. According to Cox News Service the military cost of living rose following passage of a 1994 "reform" law that eliminated many of the controls imposed in the aftermath of reports of DOD paying \$600 for toilet seats and \$6,000 for coffee makers.

--from *The Progressive Review*



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with every  
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I've already got 2,000 beanies, but want another one, dammit! Enclosed is \$6.00 for a complete one year (six issue) subscription to the Post Amerikan. Please make your check payable to the Post Amerikan.

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\*The above statement is a false, promotional ploy to get you, the reader, to subscribe.



## Pride day pickup lines

If you're still using "If I told you you had a beautiful body, would you hold it against me?" Here are a few fun pick-up lines to use (or not to use) during Pride or on your weekend bar runs:

Can I have direction? ["To where?"] To your heart.

Do you believe in love at first site...or should I walk by you again?

[Look at his shirt label. When they say, "What are you doing?":] Checking to see if you were made in heaven.

[Look at his shirt label. When they say, "What are you doing?":] Checking to see if you're the right size.

Can I borrow a quarter? ["What for?"] I want to call my mom and tell her I just met the man of my dreams.

I have one of those terrible Chicago (or city name) colds! Something hot inside me would sure make me feel better!

Would you be my love buffet? So I can lay you out on the table and take what I want?

Let's go to my place and do the things I'll tell everyone we did anyway.

The word of the day is "legs." Let's go back to my place and spread the word.

Do your legs hurt from running through my dreams all night?

That outfit would look great in a crumpled heap on my bedroom floor tomorrow morning.

My name's [your name]. That's so you know what to scream.

Your daddy must have been a baker, 'cause you've got a nice set of buns.

All those curves, and me with no brakes.

I like every muscle in your body, especially mine.

[Grab his tush.] Pardon me, is this seat taken?

Is it hot in here or is it just you?

If I could rearrange the alphabet, I'd put U and I together.

How about you sit on my lap and we'll see what pops up?

I miss my teddy bear. Would you sleep with me?

How about you and I go back to my place and get out of these wet clothes?

[Tap your thigh] You just think this is my leg.

Can I buy you a drink or do you want to go home and f\*\*\*...oh yeah, that's right you don't drink.

I can only please one person per day...looks like it's your lucky day.

Do you wash your jeans in Windex? "Cause I can DEFINITELY see myself in them.

I'd like to buy you breakfast...should I call you? or nudge you?

If I provide the wap ba ba lou bop will you provide the awap bam boom!?

-The Newsletter of the OUTpost Community Center



# LIVE MUSIC Each & Every Weekend



The Lizard's Lounge • 612 N. Main Street, Bloomington, IL • 309.827.9580





# Healthier eating

So you want to eat healthier, but how do you go about it? First of all, I don't and have never worried about counting calories. Instead, my focus is on the type of food that goes into my body. I also don't worry about "food groups" and eating enough dairy, etc. Instead, I focus on eating a variety of different types of foods, and by eating a variety, it seems to take care of itself.

**1. THE ONLY REASON FOR EATING IS TO NOURISH YOUR BODY.** Period. It is as simple as that. First rule of thumb: if it doesn't nourish you, it shouldn't be going into your mouth. Thus, counting calories doesn't matter any longer. The closer you eat to the source, the more nutrition you will receive. It is better to eat a raw carrot than a canned, cooked carrot. It is better still to eat a freshly picked carrot than one that was picked a month ago in California, and it even better still to eat ORGANIC food than it is to eat other stuff. Almost all the food you can buy in a grocery store is filled with pesticides and additives. These hurt your health greatly. Request that the stores carry more organic raw foods. Buy all your produce at the farmer's market in the summer; start a natural foods coop; go visit The Common Ground.....or better still, join Grand Prairie! Their number is 1-800-4-FOOD-99. It is important to keep this as the focus of your eating....you are nourishing your body. Fast food doesn't do it. There is no restaurant in town that will feed you truly healthy food, though a few places aren't so bad.

**2. DON'T BUY BOX MIXES.** Instant food ISN'T food. Real food is what is commonly thought of as "ingredients." That isn't to say that I never buy things like that, but it is very rare. What is better for you...the raw beans you need to make refried beans, or the canned stuff? Obviously, the raw beans. You can cook them, then use olive oil or a healthy oil instead of lard and saute onions, garlic, cumin and coriander and smash 'em up and they taste

WONDERFULLY. No canned refried will ever match it. Sometimes, for those times you are in a rush, cooked canned beans are nice to have on hand. Remember, INSTANT FOOD COSTS MORE IN THE LONG RUN. If it ends up being cheaper, it is because there are absolutely no nutrients in it at all. It will still cost more long run in terms of health and medical costs. MY CHILDREN, AGED 5 AND 7, HAVE NEVER GONE TO A DOCTOR FOR BEING ILL AND HAVE NEVER HAD ANTIBIOTICS IN THEIR LIVES!!!!!! Need I say more? No cavities either.

## TRUE FACTS

...AMERICANS EACH EAT  
**85 LBS. OF SUGAR**  
EVERY YEAR, MUCH  
OF IT IN PROCESSED FOOD...



**3. IF IT ISN'T REAL FOOD IT DOESN'T BELONG IN YOUR HOME.** Don't be tricked by advertisers. There is as much nutrition in that cardboard box as is in that bowl of cereal you eat in the morning. I avoid junk by not buying it in the first place. No instant cookies, no brownie mixes, no fruit roll ups, no pop. Period. It makes your grocery bill much, much lower, and makes your kids healthier. When my kids get sugar, I see a dramatic change in their behavior, no matter what the "studies" say (which were probably funded by the sugar producers in the first place). White bread and "lite wheat" aren't real breads. First off, the grain itself is much healthier. Eating rice, wheat berries, etc., is the best nutritional choice. But, if you want bread, eat a heavier, dense, real wheat bread. By only buying "real" food like raw oatmeal to cook up, etc., and not buying junk, you will have money to spend on "real" foods. Iceberg lettuce has almost no nutrition. Buy leaf lettuces. Don't buy Jiff.....have you ever read the ingredients?! Who needs that stuff? Buy the all natural peanut butter. Maybe add some raw honey at first until your kids are used to it. The less the additives (including pesti/herbicides), the healthier the food is for you.

**4. WHAT ARE YOU FEEDING YOUR CHILDREN!?!?** Formula is not and never will be fine for babies' health. Period. It is nasty stuff that should only be sold by a prescription if there is truly a problem with a mother, such as a double mastectomy or severe anemia. The point? Good eating patterns start young. Breast milk is BEST. It is FREE, and gives long term health care benefits for the children (reread the point made about my children's health above). On top of all of this, it is the first

"convenience" food lacking in all real nutrition, and it is full of sugar to make it go down at all. And, thus, kids start on their sugar cravings at an early age. Snacks in my home are: fresh veggies, sometimes with homemade dip (which isn't too good for them but isn't that bad)--broccoli, carrots and cabbage are favorites; fresh fruit; dried fruits; SOMETIMES cheese; granola. "But my children won't eat that stuff," you say, to which I answer, "HA!" First of all, children do NOT need 3 meals a day to keep from dying. So, if you child refuses to try something new or eat what I cook, that is fine...but they get nothing else until the next meal. And in my home, it is often the same thing they had at the previous meal. If healthy food is all they have on the table and in the house, then that is what they will start eating eventually.

Processed food with lots of additives, etc., doesn't taste like real food. REAL FOOD has a much more delicious flavor, but you need to get used to it. If you have had nothing but cheap Schlitz beer your whole life, and you suddenly are given a Guinness, you won't like it... but stick with it and you too will become a beer snob. And guess what? That Guinness is better for your health than that Schlitz...there are actually nutrients in it! YOU know if something is hideous tasting, or fine, but just not what is the

"favorite" of you or your child. There is a big difference between trying to force your child to eat liver pate' or telling your child they must eat some pesto on whole wheat pasta and salad for dinner. When I do serve very highly seasoned "weird" stuff such as a curry, I then allow my children to eat something else...but only then.

I believe it is better to eat butter than margarine...which is a bunch of undigestible fat globs, and many alternative food sources will agree. However, think of HOW MUCH you are eating. Why serve bread and butter at every meal? Why put butter on all your pancakes? Oh, and only PURE maple syrup is "syrup." Don't buy that other stuff...or try something different, such as raw honey, sorghum, fruit juice sweetened jelly, etc. Why add sugar and corn syrups to stuff when the items are already naturally sweet, or there is a delicious healthful alternative. And, you can coax your kids into it too by pointing out their

teeth will be drilled on less, they will take less medicine, see the doctor less, and have stronger, healthier bodies. But, also remember this: What your kids see on T.V. affects their attitude towards food. So, if you let your kids watch lots of network T.V. with commercials *designed* to make kids want to buy junk (why else would there be commercials?), you will have a bigger battle. Have them watch less overall, and more PBS. Haven't you seen Cookie Monster singing the Healthy Food Rap... "Healthy food tastes so good..." ?

But, honest to God, my kids have turned down non-organic carrots by TASTING THE DIFFERENCE. They can tell with a lot of the stuff just in the flavor alone! Given a choice, though, my son would eat Kraft Macaroni and Cheese every day. But, hey, he doesn't get a choice. I am his mother. It isn't his decision to fill his body with junk at the age of 5. When he moves out of the home then he can buy whatever he wants, but while he lives in my home, he eats what I serve him. That is my job as a parent. And ever notice how everywhere you go "nice" clerks hand your kids suckers? It is okay to say no to it for your children. As a parent, you are responsible for making healthy choices for them.

**5. AGAIN.....EAT CLOSER TO THE SOURCE.** The less processed a food is and the less you cook something, the better it is for you. If it is organic it is that much better. Most of the raw foods you buy in the stores are special varieties that were grown specifically to last a long time on the shelves. Many are picked before they are even ripe and shipped that way! These foods don't have any real nutritional value either, though they are still better than box mixes. And, if the USDA has their way, anything that is raw will soon be labeled organic. Real organic means it is raised free of chemicals, additives, antibiotics, steroids, etc., and the soil is free of these as well. I have a friend who is a vet and works for the USDA, and has become a vegetarian because of his meat-inspection job. He gets paid to determine which animals are too diseased or cancerous to be slaughtered for human consumption, and which can go through anyway for people to eat. Add to this the antibiotics, steroids and arsenic/other additives (read a "chicken feed" label sometime!) and you



quickly figure out it is better to feed your family beans than meat. Limit your meat, and eat ORGANIC meat when you do. Do you want your children being fed steroids every day at home? In essence, this is what you are doing with store-bought meat. Remember, your goal is to develop healthy bodies and minds, not try to put something inside of their bodies to fill them up at a meal.

Every time you put food on a heat source, nutrition is destroyed, so eating things as little cooked or processed as possible is important. When cooking veggies, lightly steaming or stir frying till they are still crunchy is much better than cooking them my grandpa's favorite way...cooked until they are mush. Buy locally if possible. Grow a garden. Pay a neighbor to grow for you! Join Grand Prairie and have a crate of organic veggies, fruit and meats delivered to your door every week! You don't even have to leave your house for it. Something that is picked 5 minutes ago has more nutritional value and something picked a week ago...and more still than something picked a month ago. In warm weather, make it a Saturday morning family outing to go to the Farmer's Market and buy all your produce and fruit for the week with the kids, and then go home and cook together. This will also be a good distraction from those rotten Saturday morning cartoons and advertisers.

**6. EAT OTHER SOURCES OF PROTEIN.** Tofu, tempeh, TVP, beans. All great sources of protein, and much healthier for you than meat. TVP is dried tofu, and I just throw it by the handful into soups and chilies. I also "reconstitute" it with boiled water and use it to make taco filling, barbecues, etc. Doesn't taste like hamburger, but it is good and is healthier. Of course, for my kids its easy because they hate beef.

**7. DON'T BE OBSESSIVE ABOUT IT.** Healthy eating is second nature to me now, but I AM NOT a health food freak. I eat out at fast food places, but even then try and eat "healthier" fast food. A Taco Bell bean burrito is healthier than any sandwich at McDonald's. So, it is our favorite fast food restaurant. And is it CHEAP!!!! I (sometimes) give my kids pop when we are out, sometimes buy them ice cream, etc. The goal is not to deprive them of it

completely and make them obsessed with having sugar and sneaking it (I have had friends who have done this to their children), but for them to learn it isn't real food and isn't nourishing them at all. After a trip to McDonald's my kids are hungry again in an hour, and I point out that this is because they haven't had anything but empty calories. No nutrition. I once in a while will buy pop and bring it home, or buy frozen pizzas, etc. The big difference is that these foods are not a normal part of my diet. In fact, I buy hardly any food in a grocery store, and use it mostly for non-food, such as ketchup, my monthly PMS craving of Mike's Groovy Potato Chips and Prairie Farms French Onion Dip, etc. If I really want something, I have it, but if it isn't sitting in my home all the time then I must make a special trip out for it, so I am more likely to snack on something in my home that is healthy. I hate baking, but if my kids are going to have cookies,

I am going to make them. I use whole wheat organic flour and HALF the sugar in my chocolate chip cookies. I bake "apple pie bread" sometimes...whole wheat bread with chopped up apples, brown sugar and cinnamon. But, if 95% of what is in your home is REAL food, then you don't have to worry so much about what they get when they aren't at home.

And, please, don't feed your kids hot lunches at school. Send a lunch that you know will have some nutrition; make a hot lunch by reheating leftover soup or pasta from the night before and putting it in a "thermos" which takes no more time than making pb&j sandwiches. Homemade lunches will make them more alert, have less behavior problems...and in the long run, they will miss less school by having strong bodies to fight off all the illnesses they encounter every day. Have good eating habits without making yourself crazy about it all.


**But I just don't have the time**

...to which I say, "Why not?" PRIORITIES must be set in life. People have said that it is easy for me because I sit at home all day to which I answer, "HA!" I am busier than most working people I know. I just have different priorities. However, I do have the advantage of being able to start something cooking in the morning, etc., but you can work around this with a little planning. For example, anyone looking

at my cars KNOW that "nice cars" are not a priority in my life. One that runs is. I would rather having an old running clunker and be home to start dinner than to work overtime to pay for a car loan. I would also rather sit at home on a Sunday afternoon and cook with my kids (which is DEFINITELY quality family time and lots of fun) than go sit in a movie theatre with them, and is cheaper. I am POOR BY CHOICE. I do not believe in the materialistic society our children are being raised in, and am living proof that you don't HAVE to have two incomes to have a roof over your heads. I have a wonderful life, and very few "nice, new" things. It is a philosophy of living we are teaching to our children in how we buy (or don't), by making most of their toys, etc.

This is also reflected in our eating. I prefer to spend time cooking real food with my children that they know came from Henry's or Brian and Katharine's farms than giving them some instant food I grabbed at the store. However, I DON'T BELIEVE THAT TO EAT HEALTHY YOU MUST SPEND LOTS OF TIME COOKING. In fact, I am so busy now that I don't have time to make those sumptuous meals as I did years ago when I worked 45 hours a week with an hour commute each way. Remember, eating habits are formed in childhood, and how we live affects the development of our children. So how can you eat healthfully but quickly? Following are some suggestions.

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# Healthier eating cont.

**1. IF YOU MAKE ONE, YOU MAY AS WELL MAKE TWO.** Freeze the other quantity, and a week later, thaw it out and heat it up when you get home. It isn't as good as "fresh" in terms of nutrition, but is MUCH better than any of that instant stuff.

**2. GET OVER THE IDEA THAT EACH MEAL MUST BE A BIG PRODUCTION.** This is important to understand. Variety is good, but doesn't need to be at every meal. For example, I made split pea soup for dinner last week. We ate it two nights in a row, let it sit for four days, and finished it over the weekend. **LEFTOVERS ARE GOOD AND, IN MY OPINION, A GOAL.** It means less cooking later. With this in mind, cook things that can be used in different ways. When cooking a pot

of chili, we will often eat chili twice, then maybe use it for burritos a few days later, or add macaroni and cheddar cheese to it later to make "Chili Mac." See? You see leftovers as a way to make something new, fast and easy. Leftovers become "fast food"! It is easy to make almost anything into a soup after it has been eaten as something else. Remember, food is to nourish the body. Thus, if it doesn't always turn out to be the most delicious thing in the world, that is okay. Sometimes something may turn out "edible" but if it is still nutritious, then it is doing what it is supposed to do. Also, Helen Nearing, in her cookbook, wrote something that basically said it shouldn't take longer to make than it does to eat. That caught my eye. Now, granted, there are very few meals that take just 15 or 20 minutes to fix, but 30-40 is my goal, and by planning, it often takes less. Suggestions for eliminating cooking time:

**A. WRITE A WEEKLY MENU.** No, I don't do this much, but when I do I make better use of my food, and spend less time cooking because I think it out ahead.. "Okay, Tuesday I will make TVP burgers, but make a double batch, and Thursday I will use the leftovers to make barbecues for dinner." It maximizes the use of your time by planning. If you are REALLY organized, you could do something like that on your computer with a shopping list, and coordinate it that way!

**B. DO BULK COOKING AND/OR ADVANCE COOKING.** At the beginning of the week, have a cooking day. Get the kids involved! They can help with menu planning and the actual "labor." It all is a good way to have fun and family time, and teaches kids cooking skills starting at a young age. Make a big batch of marinara sauce...BIG batch. You can use it for spaghetti during the week, freeze some of it for later, and use some for pizza. It is MUCH better than opening up a jar of that yucky stuff from the store.

And, have you ever made **HOMEMADE** pancakes? They take hardly any more effort than the box mixes! Maybe 3 minutes more total. But, if you really want to cut out on cooking times, mix up a big batch of pancake mix....5 pounds of it...and store the dry ingredients in a jar. You can make it with whole wheat flour (organic, of course), maybe

mix it with a little corn meal, and store it. On cooking day, mix up a batch or two with milk and eggs and oil and store in the refrigerator, and then throughout the week you can pour some out and cook them up fresh in the morning. If you have used organic ingredients and put something other than the "Aunt Jemima" types of syrups on them, you have a much more nutritious meal than any box cereal! I often make batches of slaws, salad mixes, etc. . and dressing/dips and store them. Then, for dinner we have it every night as a side dish, and I eat it for lunch. Also, explore **DIFFERENT** foods.

**C. CROCK POTS ARE FUN!!!!!!** Yeah, very modern, but oh so easy. A more old fashioned slant is the pressure cooker. I guess microwaves are more modern, but I don't like them. So, when you get home from work, start a pot of beans....any beans. They will be done in one to three hours, and you can stick them in the fridge overnight, and have them to use the next day in any way you want! Throw all the ingredients for the meal into the crock pot before you go to work, and it is done when you get home. Soups are very easy meals on the stove, or "off," and because soups are so easy, we have them a lot when I don't have time to cook. Do your meal planning with the idea in mind of **HOW LONG** it will take to cook

**3. THROW OUT THE COOKBOOKS/BUY SOME GOOD COOKBOOKS.** Okay, rarely do I ever use a cookbook anymore. Really. And I am not a spectacular cook. I spent time in Russia, and I learned how to take a pile of ingredients and make something out of it. I couldn't always get exactly what I wanted at the store, and had to learn how to make do with what I had. It changed my cooking life. So, the sooner you can wean yourself from cookbooks for your daily cooking, the better. Go to Barnes & Noble and spend a Saturday afternoon copying out some recipes that are simple and easy. I find that most cookbooks aren't worth the paper they are printed on. Even "fast and healthy" recipes for "people on the go" don't have food like I keep in my kitchen (and trust me....I have stranger food in there than the average person!) so given any cookbook, and I may have only 1/2 of the ingredients at one time.

I would like to suggest some cookbooks for you and tell why I think they are good. If they don't have them at old B&N, you can have them special ordered and to browse. If you don't want them then, you aren't obligated to buy, and the next person might.

**SIMPLE FOODS FOR THE GOOD LIFE** by Helen Nearing--This book is a **HOOT!** I have recommended it to some folks simply for the fun of reading her highly radical "meat is rotting carnage" attitude. However, it is the best book on the philosophy of eating simply that I have read. She doesn't like to cook, and makes no bones about it. Some of her recipes are, I think, downright bland, and I have spiced them up. The point of her book, though, is *simple cooking with real food*, focusing on the value of food as a nutrient, not as just a source of over seasoned unnutritious gunk to stuff your face with...and cooking this way as quickly as possible. It will help you creative cooking juices flow.

**Laurel's Kitchen** by Robertson, Flinders & Godfrey-- I think now it goes by the name of "The New Laurel's Kitchen." It is my bible for good cooking charts for beans and grains. Yeah, it does cut down on cooking time (and flatulence) to soak and rinse beans before cooking, but I never remember. I just cook them. The times vary even for the same bean type, depending on how old yours are, etc., but this has a good guideline. Some of the recipes are complicated, but many are simple, with good ideas for sandwich spreads, etc.

The Tennessee Corn Pone recipe I use with leftovers. If there are enough that "taste right" I put it in the pan and then follow the directions for the cornmeal mix stuff and pour it on. I have NEVER cooked beans for this...I just use it to make something new out of something old, and giggle over tricking my family.

**Whole Foods for the Whole Family** by La Leche League International-- If you want to buy this one, call LLL and get it from the local leader directly so they get all the proceeds. Also, when you buy it from them it has a spiral binder which makes it nifty for cooking cause it lies flat when open. Designed for healthy eating for frazzled moms. Some recipes take too long, but most are quick, have real

ingredients, and are kid friendly. They do have it at B&N for you to look at.

**The Farm Cookbook**--If you only "steal" one recipe out of here, it should be the "TVP Balls/Burgers" recipe. This is a good substitute for meat balls, but is really more effort than I usually care to go to. However, I make the TVP burgers frequently, and use this recipe as a "base" for taco filling, barbecue, etc.

After all these *wonderful* suggestions, which I am sure you are just going to run out and try, I know you are dying to find out just what my family eats. Below are ideas and tips for cooking to get you started:

**Breakfast**  
eggs and toast

egg burritos with salsa and cheese (onions for me...and this makes a great fast dinner too!)

brown rice with brown sugar, butter and cinnamon

oatmeal with brown sugar or sorghum

cracked up wheat (our little joke...it is really cooked cracked wheat) with apples and cinnamon and honey or sorghum

toast with butter and honey or fruit spread and fresh fruit

cooked wheat berries with some sweetener (takes longer to cook, but it is one of my kid's favorites...and extra berries can be used in bread, soup, with stuff for a raw salad...or for the next day!)

cooked cornmeal with maple syrup or sorghum (it is sort of like cooking oatmeal)



muffins/pancakes/waffles (rare and special). Pancakes and waffles are especially delicious with cinnamon and nutmeg. Believe it or not, for one batch I use a full teaspoon of each!

granola (usually homemade in huge batches)

And don't underestimate the power of leftovers for breakfast. My kids love pizza or nachos in the mornings. There is no law saying the first

meal of the day must be a certain type...and I personally eat leftovers before most "breakfast" foods!

And all of the above are made with all organic ingredients except for: honey (impossible to be organic, but it IS local!), sea salt, the baking soda/powder, vanilla, unrefined safflower oil. See? It can be done, and without much effort or little cost increase.

#### Lunch

Leftovers  
Pasta dishes  
Salads  
Sandwiches

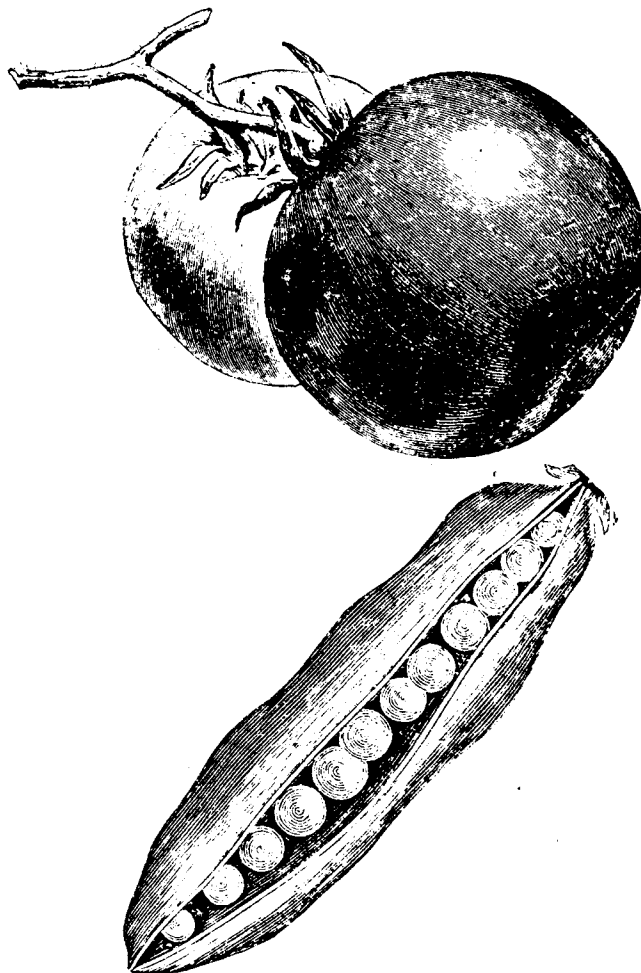
And for dinner? Whatever I plan out!

Now, about those salads....I never buy iceberg lettuce. I make up leaf lettuce/carrot/etc. mixes to have on hand. I make homemade dressings 95% of the time, including homemade mayo. I would rather spend 5 minutes on that in my kitchen than negotiating traffic and the aisles of the store.

Remember: SALADS AREN'T JUST LETTUCE!!!!!! So, if I have beets and other things like radishes, Japanese turnips or daikon radish, carrots, kolrabi, etc., I peel things that need them, grate them in my food processor, add an chopped onion, garlic, oil, cider vinegar and dill weed, and have a salad. This is my most common way of fixing beets.....by mixing it up in a raw salad. My kids love it, believe it or not, and I have gotten many anti-beet people to eat them this way. It took me TWO trips to Russia before I would even bring them into my house, and then my friend Michael taught me the raw beet slaw trick. Cabbage and onion/garlic/dill weed/ cider vinegar are good too (though I do add a bit of unrefined/unbleached sugar to this).

ABC salad: Apples, beets and cabbage! Okay, and it really does get bits and pieces of other things thrown in, but those are the basics. Raw green beans are a favorite with my kids, as are broccoli and the small/early organic radishes. Another idea: Circle salad! Cut everything into circles with your kids and make a dressing on it! Tomatoes become CIRCLES! Radishes are CIRCLES!

See how tricky I am? Kids get it into their heads they don't like something, and it can make you crazy. When I took them to Russia the first time, Hannah wouldn't eat potatoes before we went. There, she had to, and decided she liked them. At the age of 3 1/2 when we returned, she insisted she still hated them and



only liked RUSSIAN ones...so I tricked her by telling her that ours were special Russian ones I had flown in...and she ate them! So much for teaching honesty, but you get the point.

Now, for a fancy dinner, a salad can be the delicious main focus. Wash and thoroughly dry your lettuce: get wacky and mix a few types...throw in a little red cabbage. Tear, don't cut the lettuce. Chop up all your veggies, have your nuts/seeds ready, and if in season use fresh herbs. Favorite herbs of mine are basil, oregano, garlic and dill are favorites. If you are using garlic, crush it up and rub it in the walls of your bowl before adding the lettuce. I leave it in the bowl, but some only like a little garlic and take the clove out. Put your lettuce in, and GOOD oil -preferably and expensive olive oil-to the dry lettuce leaves and mix it up so the leaves are LIGHTLY coated. Add the herbs and gently toss, so they stick throughout the salad. Add veggies. Lastly, add the vinegar...GOOD vinegar. Red wine is my favorite. If you want it "creamy" you can mix some sour cream or mayo in with it. It sounds so silly, but not many people I know can make a salad that compares to this. However, this isn't anything that can be made in advance and must be eaten at one sitting because the lettuce will get soggy.

Pasta...ah! My favorite! However, it isn't just for marinara sauce! Olive oil with sauteed veggies like carrots, broccoli and cauliflower and herbs/garlic is good. Grated beets, carrots, garlic and green onions in olive oil is another. Top with Parmesan cheese. If you don't have Parmesan, use any cheese in your house. Bleu cheese is great crumbled on pasta. Chopped tomatoes, chopped fresh basil, onion and fresh garlic are another good combination in the summer. Canned whole tomatoes ripped in chunks added to sauteed onion, garlic, green pepper, basil, oregano, pepper and salt is also

good. And easy.

Now, I try to sneak nutrition in whenever I can. Popcorn gets butter and nutritional yeast, and is great. The nutritional yeast provides extra B vitamins and a slight "nutty" flavor. My picky niece thinks my popcorn is the best (pancakes too!), and when I ran out of nutritional yeast, my kids complained about the popcorn constantly until I got more. When we want something sweet, a mix of butter and sorghum (equal parts) drizzled over the popcorn is a great caramel corn substitute and the sorghum has lots of iron in it!

One more suggestion: In terms of time spent in the kitchen, the less dishes you use, the better. This way you spend less time washing stuff. Often when I roast a chicken, I put it in a deep dutch oven with lots of potatoes, carrots, celery, onions, garlic and spices--more than we will eat. Leftovers stay in the pan, and the next day I pick the leftover meat off the bones (which may only be a little), add water and a bay leaf, maybe a little bouillon and I have chicken soup. Usually I will make dumplings in this as well. Two meals and one dirty pan, and usually a lunch too. And I PLAN it out this way to make my life easier.

Open your refrigerator, see what you have got, and then MAKE SOMETHING OUT OF IT! It is very easy!

--Marcee Murray

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# Notes from the Land of Anti-fat

## BMI, My Ass!

We just missed the National Institutes of Health federal obesity guidelines story last month, but we coulda seen it coming. There'd been murmurings - new public pronouncements about the dangers of a high Body Mass Index - for weeks beforehand. On June 3rd, the NIH issued a "Statement on First Federal Obesity Clinical Guidelines;" in so doing, it redefined "overweight" to include 25 million more Americans.

This was accomplished through changing the standards for defining "overweight" and "obesity" with BMI. BMI is calculated through a bizarre formula: multiplying a person's weight in pounds by 703 and then dividing by height (in inches) squared. Using this formula, anybody with a BMI greater than 25 is "overweight;" anyone greater than 30 is "obese."

BMI does not consider or distinguish between body types: an individual who is more muscular may have the same BMI as your average couch potato. It does not consider bone mass or other physical factors. It also doesn't take into account a person's overall health condition.

What it does, though, is afford the public health establishment opportunity to declare 55% of the U.S. population "unhealthy" by virtue of being "overweight." As Sally Smith, Executive Director for the National Association to Advance Fat Acceptance, notes: "Redefining 'overweight' to affect 25 million more Americans will do nothing to improve health, other than the health of the bank balances of the \$33 billion diet industry."

But, then, economics and politics have always been prime components of the NIH's treatment of fat. Xavier Pi-Sunyer, for example, who chaired the panel that issued the new guidelines, sits on the advisory board of American Home Products, Wyeth-Ayerst labs and Knoll Pharmaceuticals - diet med purveyors all. He has also been a consultant to Weight Watchers and is an advisor to the American Obesity Association, which is funded by the commercial weight loss industry. Can you say: "conflict of interest"?

Definitions of "overweight" change regularly. According to NAAFA, this latest revision was partially sparked by pressure from the World Health Organization, which adopted the guidelines years ago and has been pushing the new BMI definition ever since - despite there being little evidence of increased health risk with a BMI of 25.

What makes this all most intriguing is the way that mainstream media has refused to walk in lock step with these new standards. Even the Pantagraph printed an editorial criticizing the seeming capriciousness of this new means of calibrating fatness. It'd be nice to see the media no longer automatically buying into everything put out by the weight loss community. But I wouldn't bet on this healthy skepticism lasting too long.

## Burned Again...

The history of lipophobia is filled with dangerous gimmicks: latest is the Moulding Body Electrical Body Belt. These "personal electric saunas," sold by a Miami company that goes by two names - Body Fitness, Inc. and The TV Store Corp. - were recalled by the company after the Food and Drug Administration issued a public warning against 'em. Apparently, the heating-pad devices, advertised to help customers "sweat off pounds," were catching fire and seriously burning folks.

The devices were sold nationwide via television, mostly on Hispanic channels, and in Puerto Rico and Canada. The FDA learned of the "weight-loss pads" when a fire department and an insurance reported a series of suspicious apartment fires. One customer had suffered second-degree burns over their entire midsection, while another had received burns to the back and stomach. In both cases, the heating pads had caught fire. At this writing, the number of additional injuries are unknown, though the FDA notes that they have "numerous other reports" of fires and injuries. The government agency is warning consumers to immediately stop using the "weight-loss pads."

Buyer beware in the Land of Anti-fat.

## Free of Fat-Free

Despite continued harangues against the danger of fat consumption, Americans may be slowly turning away from stringent dietary Puritanism in favor of something a bit more balanced. According to the NPD Group in Rosemont, IL, a marketing research firm that track America's eating habits, fewer Americans are concerned about "serving foods with fat." One big factor involved in this turnaround: low-fat food simply doesn't taste as good. Fat is frequently where the flavor is. For example, Nabisco Foods, makers of SnackWell cookies and crackers, is reformulating the brand with more fat to improve the taste. Sales of SnackWells have been steadily descending, which at least says something about the gustatory aesthetics of the American public.

Too, the advice around fat has grown so contradictory, it's no wonder that many of us have given up trying to parse it. After years of being told that saturated animal fat leads to heart attacks and strokes, for instance, a recent study in the *Journal of the American Medical Association* found that the saturated fat in beef, cream and such can actually reduce the risk of stroke. A more recent study in the *New England Journal of Medicine* notes that it isn't the amount of fat that is the problem, it's the type. Only this time the culprit isn't saturated animal fats but transfat, which is formed when liquid vegetable oils are processed to make margarine of cooking fats used by snack food companies.

So what do we believe?

Despite the profusion of expert advice and new studies, it's clear that we are in the Dark Ages when it comes to nutritional understanding. At this point in time, a person can justify practically any style of dining (except, perhaps, out-and-out gluttony) with a study. Some form of moderation and variety seems sensible, but that doesn't mean a study won't come up next week showing that people who ate nothing but twelve-ounce servings of rib-eye steaks have a 25% less chance of colon disorders.

The point is to develop a more sensible relationship to food than we currently have in our diet obsessive culture. Consider what some dietitians call the "France Paradox." In a country where meat and high-fat products are a ready part of the average person's diet, they have the lowest recorded incidence of heart disease. Is it the wine? Less neurosis-driven eating habits? Or a steady diet of Jerry Lewis movies? Nobody knows for sure. So, go ahead and eat that full-fat Oreo. I hear they're doing a study on the long-term effects of chocolate sandwich cookie consumption...

--billsher

## Did you know...

If shop mannequins were real women THEY'D BE TOO THIN TO MENSTRUATE.

There are 3 billion women who don't look like supermodels and ONLY 8 WHO DO.

Marilyn Monroe wore a SIZE 12.

If Barbie were a real woman, she'd have to walk on all fours due to her proportions.

The average American woman weighs 144lbs. and wears between a size 12 and 14.

One out of every 4 college aged women has an eating disorder.

The models in the magazines are airbrushed - THEY'RE NOT PERFECT!

A psychological study in 1995 found that 3 minutes spent looking at models in a fashion magazines caused 70% of women to feel depressed, guilty and shameful.

Models who twenty years ago weighed 8% less than the average woman, today weigh 23% less.

Please send this to all the women you know. There is no sense in our generation of women and future generations of women killing themselves to look thin. We're simply being lied to. Love yourself for WHO you are, not what you look like.



# Domestic violence carries serious consequences

Many social problems this country faces result in criminal prosecution. For the last 20 years legislators have pressed to reduce drug sales and use. Throughout the 1980s and '90s alcohol problems and drunk driving were emphasized. A few years ago the Governor established a "Day of the Child" to call attention to child abuse.

Recently the Illinois legislature stepped up efforts against domestic violence. Tougher laws were created to deal with familial violence.

The Offense of Domestic Violence was created several years ago to distinguish batteries among family members from other forms of battery. Experience shows when violence occurs in the family setting or among those dating, that it is a recurring event.

Breaking this violent cycle is the emphasis of recent years. The Illinois Domestic Battery Law is different from ordinary battery, because a person convicted of domestic battery cannot be sentenced to court supervision. This means an offender will can't keep the charge off their criminal record. A second Domestic Battery conviction is a felony, punishable by up to three

years in prison. In addition, those convicted of Domestic Battery are prohibited from firearms possession.

There is an unwritten policy in Illinois that at a report of domestic violence, an arrest will be occur. It is no longer likely the police will arrive at a home and simply diffuse a situation. In all likelihood an arrest will follow. Further, state's attorneys prosecute Domestic Battery, even if the victim does not desire prosecution.

Domestic Battery sentences usually require the offender to undergo a domestic violence evaluation and comply with any counseling recommendations made by the evaluator. While the counseling is not intended as a punishment, it is intended to break the cycle of repeat offenders, in the same way alcohol counseling is intended to prevent repeat DUIs.

Other statutes protect domestic violence victims. Illinois has a statute allowing an Order of Protection. This Order, signed by a judge, prohibits an individual from having contact with, harassing or otherwise trespassing upon the property of certain

individuals. Violating the order is a Class A Misdemeanor, punishable by up to 364 days in jail and a \$2500 fine. A second offense can be a felony. In addition, the Stalking Statute makes it a felony to follow or practice surveillance on someone on two more occasions and threaten that person. These statutes are often used to protect domestic violence victims.

Since the legal consequences of domestic violence can be severe, it is advisable for individuals having problems in a relationship which results in violence to seek counseling before the problem escalates to situation where someone is injured or charged with a crime.

-- David Butler/ Attorney-at-law  
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# Seeing Red: Indonesia's

by Steve Eckardt

*I remember this: the place was made of bamboo thatched with palm fronds. There was no front wall -- just the dock and the rhythmic swelling of the dark Java Sea. The place was of course a bar -- the only one in a small Indonesian fishing village, somewhere near the southeast corner of Bali.*

*There were a few young fisherman drinking, quietly happy, white teeth flashing in the scraps of once-breathtaking sunset and the echoing glow of a few candles. There was a string of tiny Christmas lights behind the bar. I was aglow too -- aglow with the beauty of the land, the friendliness of the people (I'd already been invited to join in both a wedding and a funeral), and the nearly-postcoital pleasure of just completing two days driving a Jeep through the jungle. Then there'd been that tropical sunset ... and more than a few beers, as well.*

*The owner/bartender spoke English; he and I had gotten quite chummy, the way people do in out-of-the-way places; he'd even dipped into his stock for beer or two himself. Feeling expansive, I turned to the fishermen and blew nearly my whole vocabulary with a few friendly words in Bahasa. "American?"*

*they asked. Yes, I nodded, "Chicago." More smiles--yes, they'd heard of it; they nodded pantomime-like, giving it that extra effort that comes without common language.*

*"Ah, America," said the owner generously, "your president is a very strong man." "Hah!" I said derisively, turning, and pretended to spit on a the floor. "He's not my president -- he is the president of the rich." Here's chance to talk politics I thought beerily, and got out a cigarette in anticipation. I lit it and, smoke in hand, turned back to the fishermen.*

*They were gone.*

*I re-turned to my new friend; he was wiping the bar down, eyes on the little counter, his face closed. "You go home now," he said. "You go home."*

*Wha...? I thought.*

*Oh.*

*I am such an asshole I thought as I got up and left: 800,000 people were killed after their then-current president (Suharto) seized power; few places saw worse than Bali. I remember that: fear. Fear that went deeper than I could see.*

\* \* \*

Nine years later, as summer 1998 opened, it seemed that hordes of Indonesian Moslems were rampaging in the streets -- looting, burning and generally taking out their frustrations on the country's Chinese population.

Why it was "anarchy," according to mainstream media reports (count National Public Radio's breathless Julia "Jakarta is burning" McCarthy among the most hysterical).

Of course the real story is something else indeed. After all, the overthrow of Suharto--if not yet Suharto-ism--is surely an occasion for joy. Joy -- at least for anyone with a scrap of humanity.

Perhaps the story really has to start in 1965, with one of the most important bloody events in our century -- and certainly one of its least known. But even that needs some background....

## Colonial revolutions

In the aftermath of World War #2 vast millions of humanity quickly seized the chance to rise against their now-weakened Imperial masters. Over half the world's population hitherto lived as vassals, directly ruled by the kings, emperors and prime ministers of Europe and Japan.

Yet within a few years the peoples of China, India, Southeast Asia and much of Africa overthrew colonial rule and established their own governments.

The West was most deeply disturbed by two trends: one, the revolutions' tendency to overturn capitalism along with colonialism; and two, the drive toward unity and cooperation among liberated nations, as well as those still fighting for freedom.

This last frightening development had its first organized expression at the famous Bandung Conference held in that Indonesian city in 1955. (The same current continued through the Tri-Continental Congress held in Havana in 1967 [where Che's famous "Two, Three, Many VietNams" speech was delivered] and in the Non-Aligned Movement [which, under Cuban leadership, campaigned for the cancellation of the Third World debt in the late seventies and early eighties.])

The imperialists struck back: the McCarthy/Truman witch-hunt was launched in the United States under the slogan "Who lost China?"; U.S./UN forces invaded Korea; France waged war against the VietNameese--and later, even more bitterly, against the Algerians; UN-organized Belgian, French, and U.S. troops invaded the Congo and installed the infamous Mobuto; and U.S. power targeted Cuba--and took the world to the brink of nuclear war--to overthrow its revolution. All of which came to a head in one grand conflict where the United States stood and delivered its full military might to halt the forces of colonial liberation once and for all: *VietNam*.

## Corpses cause flooding

Here the United States would drop more bombs than all the explosives used in previous human conflicts added together. It would kill over 2.5 million VietNameese, Cambodian and Laotian people (and arguably another 1.5 million Cambodians at the hands of its ally, Pol Pot [see "The Friends of Pol Pot" by John Pilger at [www.SeeingRed.com](http://www.SeeingRed.com)]).

Of course it made no sense to bomb Southeast Asia "back to the Stone Age" while the fourth largest country in the world--nearby Indonesia--continued to elude Western control. Enter the single most successful covert operation in U.S. history: the overthrow of Dr. Sukarno (of Bandung fame) and the installation of General Suharto--the dictator who ruled Indonesia until just this last month. It was the subsequent horrific bloodbath--the butchery of some 800,000 Indonesians--that is one of the most important and little-known events of our century.

Its importance lies not only in the scale of the slaughter: General Suharto rang up a daily death rate eclipsed only recently by French-backed Hutu forces in Rwanda; so many bodies were thrown into rivers and canals that they backed up under the bridges and caused widespread flooding.

## Turning the tide

Its importance lies even more in the political impact of the greatest defeat suffered by poor and working people since the victory of Nazism

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# untold stories

in Germany. And the severity of the defeat was greatly multiplied by its manner: like Germany a country with the largest Communist Party in the capitalist world fell not in combat, but fell without firing a shot. (And just like Germany, you can thank the "Communists" [read *Stalinists*] for making the capitalist bloodbath possible .... but that's another story.)

It was the fall of Indonesia to imperialism's representative, General Suharto, that cleared the way for the spectacular U.S. military assault against the rest of Southeast Asia -- the assault that goes by the name the "VietNam War."

(Add to the 3.3 million Indonesian, Cambodia, Laotian and VietNameese dead untold hundreds of thousands of Chinese workers and peasants killed in the Pol Pot-like "Cultural Revolution" unleashed by Chinese Stalinists under the leadership of Mao -- another event unthinkable without the defeat in Indonesia .... but that, too, is another story.)

## Truth submerged

Details of the operation that installed General Sukarno are to this day unavailable. Those who dig a little will find the revelation that the U.S. embassy supplied names of "communists" to Sukarno's death squads -- a listing that no one is known to have survived. However coming months, as the nascent Indonesia revolution deepens, will likely bring forth further information. (Already news has just appeared that Pentagon aid to "elite counterintelligence units, whose primary goal is to maintain domestic order" [27 May *Chicago Tribune*] has been continuing in violation of U.S. law.)

More telling, perhaps, is the 1965-66 coverage of General Suharto's butchery: the dead got scant inches compared to the glee afforded Sukarno's overthrow, a glee barely covered by knowing references to Sukarno's "mental instability" and his "naiveté about the Communists" --plus than one disingenuous reference to the inscrutability of the natives. Even more telling is the silence surrounding the much more recent genocide waged by General Suharto against the people of East Timor. Here was a people who achieved independence only in 1975, thanks largely to a revolution against their colonial master, the Salazar dictatorship in Portugal.

This uprising inside Europe itself (which also freed Mozambique and Angola) caused great consternation in Western capitals. After some preparations, the United States dispatched its German shepherd, Henry Kissinger, to Jakarta .... and General Suharto launched an invasion of East Timor the following day.

What followed was one of the great genocides: roughly a third of the population of East Timor were to die. Yet (surprise) it ranked only a handful of buried news briefs in the U.S. press - items about "allegations" being vociferously denied by Indonesia.

In fact, blame nearly all the genocide's few mentions on free-lancer Alan Nairn, who was impudent enough to film--and nearly die in--the machine-gunning of thousands of East Timorese peacefully attending a funeral.

## Fleeing to high ground

But if 33 years of silence about General Suharto still doesn't reveal enough about Washington's relationship to the killer, certainly U.S. coverage of his overthrow speaks volumes. Uprisings that forced the resignation of one of the world's longest-ruling dictators--in Earth's fourth largest nation--ran a scant two weeks. Major coverage from Indonesia has since simply ceased.

Where are the months of cover stories and hours of TV devoted to the fall of the Berlin Wall? After all, the Stalinist regime in eastern Germany, however undemocratic, killed less people in 45 years than General Suharto killed in a single day. Instead, U.S. readers were treated to tight-lipped dispatches from frightened reporters of "looting mobs" bent on "ethnic violence." Reflecting the view of their big-business employers, journalists' reports looked at the toppling of the monster Suharto and saw only .... "Jakarta is burning!"

Meanwhile, as democracy took its first halting breaths outside the clench of terror, the U.S. embassy ordered the evacuation of all non-essential personnel. And as news came that Suharto had resigned, the airport was jammed with Westerners.

Now why do you suppose over 10,000 GI's were just dispatched for Southeast Asian military exercises? Or that Washington ordered half its Persian Gulf war fleet to steam for Indonesia?

Gee -- must be coming to celebrate democracy.

*The fleeing of businessmen and families of countless military attaches and CIA agents from Jakarta means that now is a good time for people like you and me to jam the airports going the other direction. Indonesia is now a far safer place to talk than it's been in decades. And "thanks" to the capitalist economic crisis, it is also spectacularly cheap for those blessed with access to Western currencies. The passing of deadline precludes compiling a comprehensive list, but Cathay Pacific airlines offers roundtrip to three Indonesian cities--and includes 15 other Asian destinations for \$899; United Airlines has offered \$699 roundtrip to Singapore. I strongly urge readers to take advantage of this trip-of-a-lifetime opportunity--and happily offer my assistance to anyone who contacts me*

(steve@seeingred.com for the cyber-endowed; or c/o Lumpen via the U.S. mail). Folks able to travel only by mouse--or those who'd like to leave a question or comment--should visit the online magazine at [www.SeeingRed.com](http://www.SeeingRed.com).

## Women seeking women

I am out of the closet. Who else is like me? Please write me. I am lonesome.

--pwe123

## love (post) amerikan style

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11.....12.....13.....14.....  
15.....16.....17.....18.....  
19.....20.....21.....22.....  
23.....24.....25.....

### THE DETAILS

- \_\_\_ JUST FRIENDS
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- \_\_\_ WOMEN SEEKING WOMEN
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# MCATF news

## HIV in rural America

"In 1998 people in rural areas are still burying their heads in the cornfields about AIDS. They would rather share small town gossip than have meaningful conversations about a disease that's gripped the nation for over fifteen years."<sup>1</sup>

"The same people who sit on every governing council from the county board to the PTA wouldn't dare allocate any funds that would benefit prostitutes, drug users, homosexuals, or anyone else in a high risk category."<sup>2</sup>

"The primary barrier to effective treatment is the stigma generated by prejudiced and hate.

Second, the problem is uniquely complex in that rural adolescents are less likely to engage in safe sex behaviors than their urban counterparts.

Third, and much more troubling, is the fact that rural school nurses have significantly more negative attitudes regarding homosexuality, HIV and intravenous drug use than their urban counterparts. A study in the *Journal of School Health* reported that the 'religious beliefs of rural school nurses' prevent positive changes in support and care."<sup>3</sup>

<sup>1</sup>LeRoy Whitefield, "Surviving HIV in Small Town U.S.A.", *Positively Aware*, July/August 1998 *Aware*, July/August 1998

<sup>2</sup>LeRoy Whitefield, "Surviving HIV in Small Town U.S.A.", *Positively Aware*, July/August 1998 *Aware*, July/August 1998

<sup>3</sup>Steve Whitson, "Treatment Issues in Rural America", *Positively Aware*, July/August 1998

--Red Ribbon Review/Summer 1998



## HIV/AIDS Support Group resumes

The McLean County AIDS Task Force, serving both McLean and Livingston Counties, has resumed its "support group meeting for families, friends, caregivers and significant others of persons with HIV/AIDS," with the next meeting on August 13 at the Connections Community Center, 313 N. Main Street in downtown Bloomington. This group meets from 7:30 - 9:00 PM on the second Thursday of each month. Each session includes discussion of important issues such as "My loved one is positive...and gay. What do I do?" and other topics which may be of interest to those attending.

This support group is provided as a free service to the community by the McLean County AIDS Task Force and is open to anyone who has a family member or friend with HIV or AIDS. Your confidentiality will be respected and membership in the Task force is not a requirement to participate. Call (309) 828-AIDS for information on this group or other activities of the Task Force.

## "Dining with Friends" '98 a success

Several hundred hosts, hostesses, guests, donors, volunteers, and other friends of the McLean County AIDS Task Force gathered together on the evening of May 16 for the Dessert Finale, capping Dining With Friends '98.

The tremendous efforts put forth by so many concerned people helped make the entire community aware that the AIDS crisis is not over yet. Through their combined efforts, MCATF was also able to raise nearly \$14,000 for the continuation of its programs.

One fourth of the net proceeds will go for direct financial assistance to MCATF clients. Another fourth will go to support MCATF's HIV prevention outreach programs. The remainder will provide general support for all Task Force programs, including their phone/office information and referral programs, the newsletter, and other ongoing MCATF programs and services, as well as outreach and client assistance.

--Red Ribbon Review/ Summer 1998

## Food bank needs donations

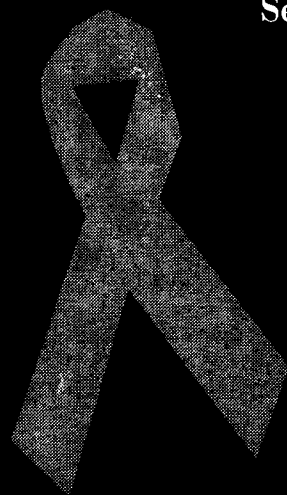
The McLean County AIDS Task Force food bank has been drawn down to nearly nothing. They have many clients who make use of it on a regular basis. Please consider a gift of nonperishable food, including baby food, and/or household products to their client food bank.

So far, they have placed no restrictions to clients on drawing from the food bank. They particularly need canned meats, fruits, vegetables and meals.

As an individual, consider pledging the food bank one bag of food a month. It will make a difference to someone who needs this help to maintain a good diet.

## McLEAN COUNTY AIDS TASK FORCE

Serving McLean and Livingston Counties



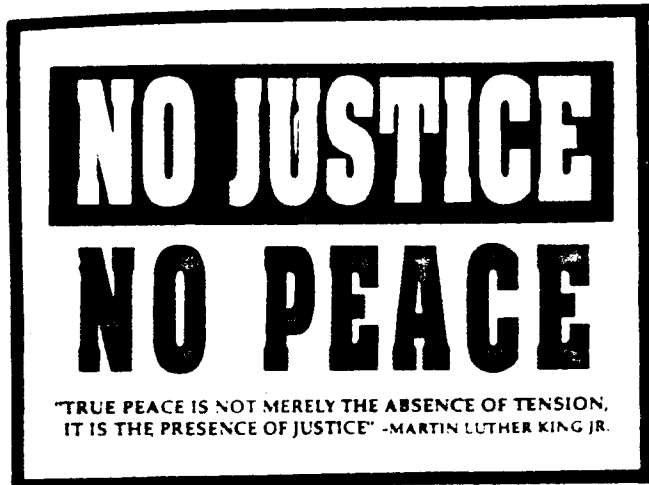
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# Prisoners love the Post



## Letters to the Editor:

### Dear Love Post Amerikan Style:

I am writing to you in regards of your generosity and compassion you've shared with me over the past 4 years. I greatly appreciate all blessings from above and you surely are that. I want you to know I'm a good man and I'm striving for greatness. God has a very special blessing for me for I am truly one of his "children." As for you all at the Post Amerikan I have something special to do in return, God bless you and I share my everlasting love with you.

Sincerely,  
A Joyner N31385  
P.O. Box 500  
Hillsboro, IL 62049

### Dear Friends:

Enclosed are a couple of dribbles from my mind. I love your publication, it has become a ray of sunshine onto my existence.

You've sustained me with thought, text and smiles. For that I thank you. Please keep me on your mailing list eternally. I'll try to contribute more...

Please publish my address with the poems, for that is what is the ironic aspect of them. May you all bathe in peace and harmony.

Nikolai Alexanderovich Zarick  
#162110  
Incarcerated human, architectonic  
conceptualist  
Cheshire Correctional Institution  
Cheshire, Connecticut  
06410-1698

Dear Folks,

After 18 years of imprisonment, for the robbery of 2 banks and at the age of fifty-one, I am being released to a halfway house.

Not only will I possess the means to send a substantial subscription fee, but will also be afforded the necessary serenity to compose some recollections/ observations of the prison industry, as viewed from the inside.

*The Post Amerikan* has been to me a beacon of hope and encouragement and carried me through some very dark times.

I send a special greeting to my Pagan sister, Winter Wren. Some years ago she sent to me a list of books comprised the definitive literature on Wiccan culture. I soon will possess the wherewithal to deeply explore what has been lost from my ancestors' knowledge for many a generation.

You may publish this missive, should you so desire, but only under my adopted name.

Yours,

Alpha Moon



# ICEnet

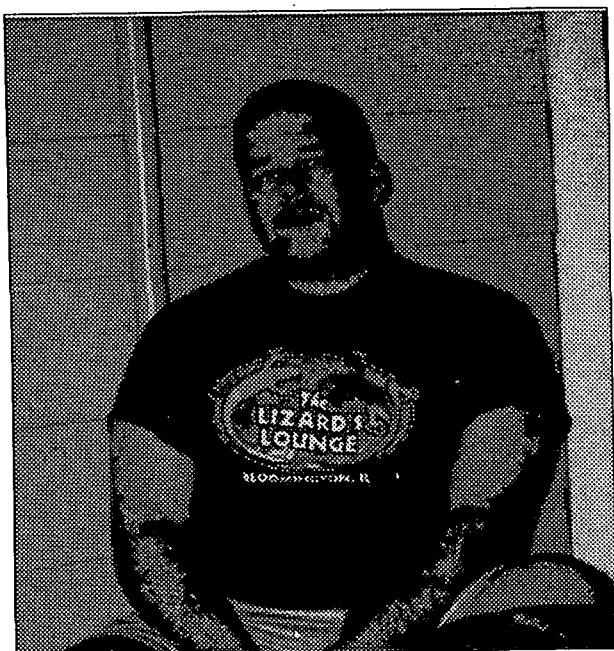
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# Thanks to everyone the benefit a huge

The Marinated Brains  
Johnny Christ and the Disciples of Pain  
Soul Matter Seven  
Spider Webster  
The Grainbenders  
Wiplot  
Ruth Buzzy  
Stumpwhoopt  
The Heaterson's

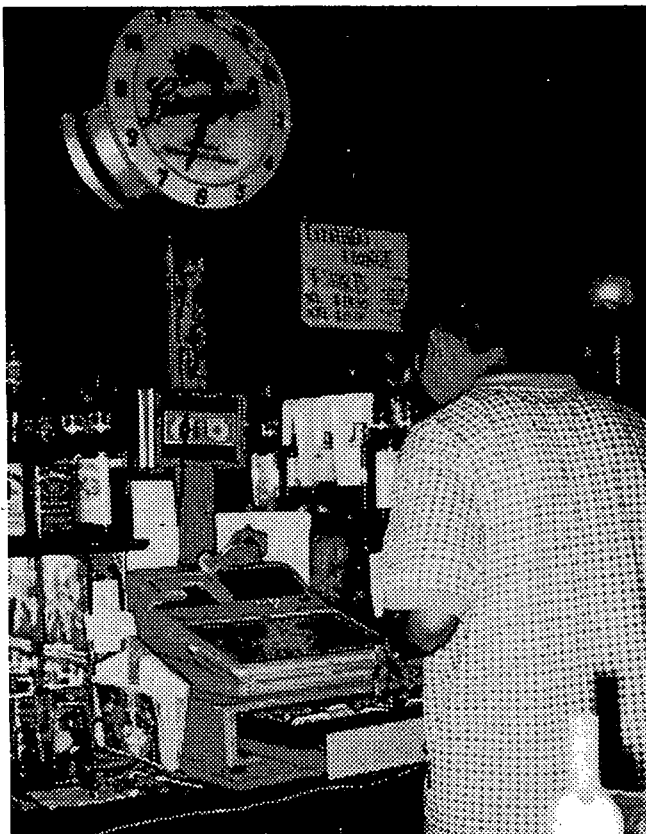
Rich Margherio  
Geoff Beran  
James Cisco  
Bryan Cox  
Barbie Dockstader our emcee  
David Dockstader for the poster art  
& everyone at the Lizard's Lounge!



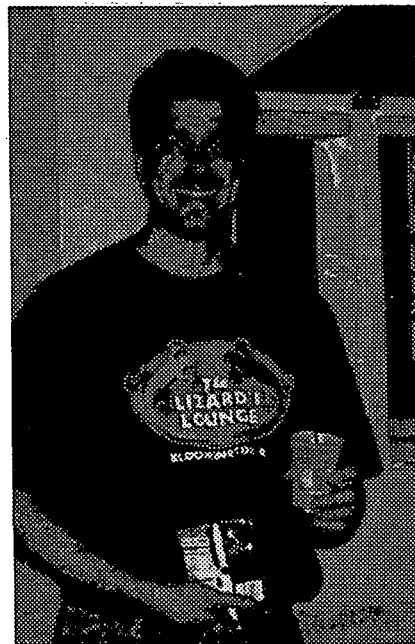
"The newspaper that wouldn't die."



Mario



Ca-chink, ca-chink.



Mike's a big Zappa fan!



James of Wiplot.



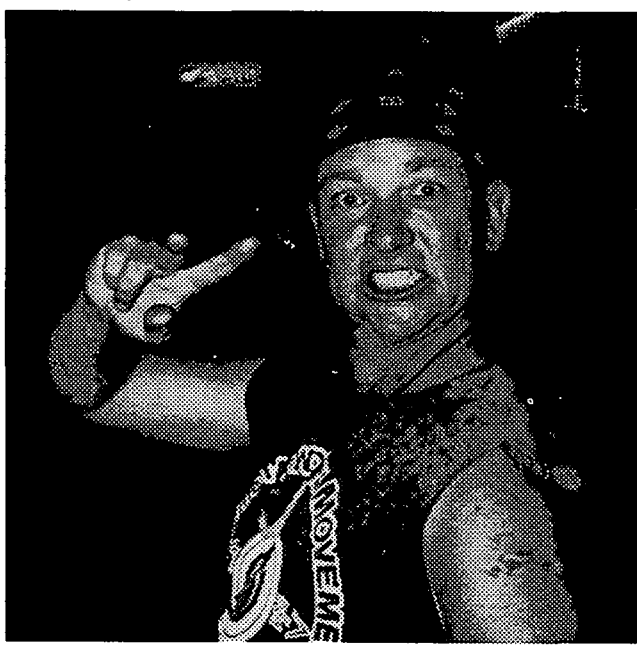
Wiplot.



# who made success:

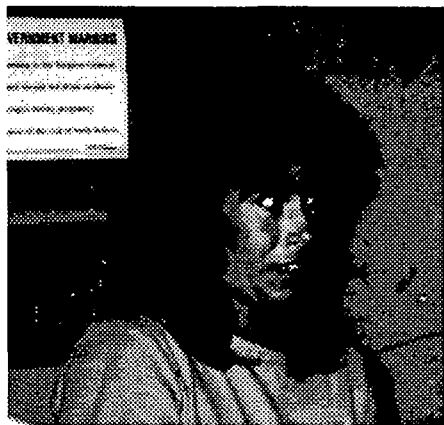


Phil & Tommy



Skot of the Grainbenders

Don't be offended if you do not find your photo in our collection. We simply didn't have a camera for the whole evening.



Leslie.



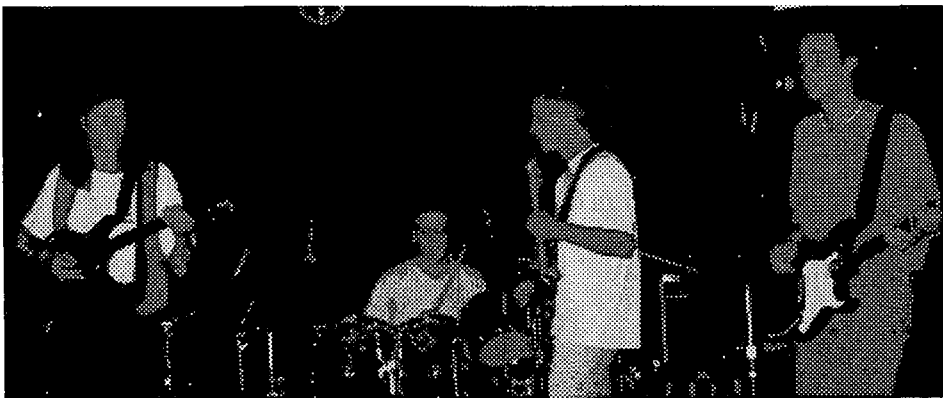
Kevin & Mike



Mel, the drummer from Marinated Brains.



The Grainbenders



Soul Matter Seven



David







# Poetry

## With Us Now and Always

I'd like to think that somewhere,  
there's a tiny piece of Time,  
that all of us will utilize someday.  
We have a void inside to fill,  
yet no one owns the shoes,  
that will fit into our souls the perfect way.

And I really need to know  
if we'll meet again somewhere,  
lots of honest talk and people playing chess.  
'Cause I'm treading in the thoughts  
that live inside my mind.  
Controlling rampant tears that flood the rest.

I'd like to think that Tom is here,  
in the heart and soul and mind,  
in the memory of everyone he knew.  
And his words and thoughts are never lost  
when they live inside of us  
and are carried on in all we say and do.

So pass around the hat  
and we'll save up for a smile,  
for each one of us is desperately in need.  
'Cause I know that he is with us  
in each laugh and in each tear  
and the love we have for him  
is just the seed.

Written for Tom Kuster  
July 11th, 1998  
Written by a longtime friend

## Lavender Tank Top

lips the color of Austin marble  
suck on a cigarette

eyes the color of the guts of a tornado  
elbows like sandy toeprints

her hair dries the San Franciscan hills  
smoke crawls around fingers like curio shop  
rings

mother of pearl smile  
thighs of hardwood

her breasts feed  
new kings & queens

monkey head laughing  
as her wings swing invisibly

through the boys wanting  
to dance in her fire pit

--Stephen C. Zimmerly

## Prison Life of a Thinking Man

Blissful self delusion that this is a monastic  
life.

Tears is stasis.  
Learning, absorbing, researching, watching  
everything  
Wondering who is them? who is us? Ludicrous,  
we are all human beings, being.

Fears in stasis

Mind aches for the observance of a glimmer of  
intellect in a knowing eye.  
Soul cries for Yin  
Ears plead for the rushing of leaves and the  
mantra of waterfalls.  
Hands call out to be imbued in gaia, to plant,  
to plant, to plant, to plant.  
To build a hamelet of friends.  
To fraternally nourish.  
To smile, to live happy.  
Atoning, correcting ID, reflecting, believing  
in righteousness, drunk on lucid existence.

Metatecture, metaculture, artification

Tears in stasis

--Nikolai Alexanderovich Zarick #162110  
Incarcerated Human, Architectonic  
Conceptualist  
Cheshire Correctional Institution  
900 Highland Ave.  
Cheshire, Connecticut  
06410-1698

## Becoming a Bakery

Reading, reading, kneading, needing, reading.

Daily I read as if I were a mantaray  
swimming with its mouth open.

Reading endless, eternal dew drops of  
knowledge. Each drops clings to grains  
of wheat.

I grind

I mold

It rises and falls

My mind bakes away, too many muffins,  
a few flatbreads, some hardtack.

I crave to bake a hardy sustainable  
pumpnickel.

--Nikolai Alexanderovich Zarick #162110  
Incarcerated Human, Architectonic  
Conceptualist  
Cheshire Correctional Institution  
900 Highland Ave.  
Cheshire, Connecticut  
06410-1698

## LSD--LOVE YOUR ACID ANGELS!

open windows in closed tack rooms  
warbling eternity, chinese tigers roll in ecstasy

quiet moment edge of meadow & forest  
waterfalling growling laughter fills my ears

twinkles upon my tattered flag  
my wind burned soul

on heavy days full of skeleton keys opening crypts  
green crazy hearts peek through a diamond

telescope aimed at the sun screams time apart  
clocks stop. begin ticking backwards

the prodigal child  
go home to LOVE

--Stephen C. Zimmerly



# Pages

## Rusty Oklahoma Razor Wire

hung up in the tangled wire  
hung up in love  
hung up in hate  
hung up bleeding in the razor's fate

scars smiling open scars  
scars on my scars on my scars on my scars

razors are for cutting  
razors are for slicing  
razors are for lining up the wind's open wrists

scars smiling open scars  
scars on my scars on my scars on my scars

my cherry vessels pop like a string of blackcats  
shuddering apart, my tsunamic brain orgasms

scars smiling open scars  
scars on my scars on my scars on my scars

rusty Oklahoma razor wire  
rusty razors slick with blood

I'm hung up  
scars on my scars on my scars on my scars

Moaning Oklahoma prison wire blues

waiting in the rain for someone

scars on my scars on my scars on my scars on my  
scars on my scars

--Stephen C. Zimmerly

## Today's News

The headlines read that Love is dead.  
By a bullet, through the head.

The newsman screamed, "There's no vaccine!"  
While Hate and Rage are killing Dreams.

Then one, bright day, Nite went away.  
He took the Moon. They're gone to stay.

And God just laughed while we all crashed.  
Our Futures died back in the past.

While Time edged on through Sorrow's song.  
The dark refrain to keep Him strong.

And still not found in the heart of Town,  
a bit of Peace lies on the ground.

My lonely cries are no surprise  
to those who've seen behind my eyes.

The headlines read that Love is dead.  
But not a tear was ever shed.

--Barbie Dockstader

## Nuno's Poem

She chased Happiness down the stairs  
and then out the back door.  
She lost Him in the street  
down by the record store.

She caught Him two weeks later  
and He quickly got away.  
So she followed him discreetly  
to find out where He stays.

She tried to trick and trap Him  
to keep Him by her side.  
But everytime she turned around  
Happiness would hide.

I don't know why she sought Him out  
why she didn't wait for Him.  
But on and on went her pursuit  
though she would never win.

They found her in the courtyard  
in the center of the town.  
Her world a mess, like all the rest,  
'cause Someone let her down.

She sat alone and cried there.  
She knew this was the end.  
Then Happiness approached her  
and asked to be her friend.

--Barbie Dockstader

Traveling from destination good time  
my friends gliding along beside me  
I fell into the ripple of clouds  
body limp with

euphoria  
Senses spiraling about, gloriously  
music directing the scenes of colour in my mind  
endless everchanging movement  
pure delight

my grin from ear to ear  
tiny paper vibe  
happiness pervades us all  
these are the times of life's togetherness  
trip to anywhere,  
we don't care

--Matt Erickson

## YOUR POEM HERE.

The Post Amerikan is seeking poetry  
submissions for the Poetry Page.

If interested, please mail your poem  
to: Post Amerikan, P.O. Box 3452,  
Bloomington, IL 61702 or e-mail to  
pamerikan@aol.com.

We have the right to  
reject any poem.



## Video review of Radio Free Maine's *The Subsidy Called Security & Corporate Welfare in America*

With Newt Gingrich and the Republican Revolutionaries' 1994 "Contract on America" and Democrat Bill Clinton's 1997 support of various "reform" policies, there has been a lot of talk in the mainstream news media in recent years about the many so-called "costs of welfare," material, moral, and otherwise. As poor families in this nation who receive public assistance in times of need are consistently scapegoated by classist, racist and sexist pundits and politicians for the economic problems that other Americans face, many activists on the left have tried to draw attention to the many costs associated with the issue commonly known as "corporate welfare." For example, the September 1997 issue of SEED pointed out that:

In 1994, AFDC and food stamps combined cost \$38.2 billion. The same year direct subsidies to corporations cost \$50.9 billion. Tax breaks worth an additional \$53.3 billion were also given to corporations. In other words, the total cost of corporate welfare was \$104.3 billion.

While these figures are certainly revealing, focusing exclusively on direct subsidies and tax breaks, the traditional terrain of "corporate welfare," does not even come close to exposing the actual depth of what Noam Chomsky calls "the transfer of public funds to deep pockets." In a video of his April 22, 1996 lecture called "Corporate Welfare in the US" available from Radio Free Maine, Chomsky discusses the major component of the transfer of tax dollars to private industry -- the Pentagon System.

The Cold War is supposedly over, but military spending remains at approximately Cold War levels. A huge proportion of our tax dollars are spent preparing for a high-tech World War III. While questions of drug lords, deterrence, "rogue states" and so forth can be debated, there are other aspects to military spending that aren't so debatable. In his talk on "the subsidy called security," Chomsky argues that the Pentagon, along with NASA, parts of the Department of Energy, and several other government institutions, were developed and are maintained at least in part to support large transnational corporations. He points to the enormous profits that corporations have made from "dual use technology," technologies that are developed with public funds under the military and space exploration system, and then handed over to corporations to be patented and sold back to the public that financed their development in the first place. Chomsky states that over fifty percent of all research and development conducted in the electronics, computer, aeronautics, metallurgy, laser, and telecommunications industries has been done with the public's money. He points towards the satellites used by AT&T and the airplanes sold by Boeing as obvious examples of pieces of technology that were largely developed with taxpayers' money and are now used for private profit.

Aside from the trillions of dollars spent on wartime technology that is handed over to corporate power, this particular type of welfare has another cost. The Pentagon System

goes beyond a simple question of cash into a question of democracy. Chomsky reasonably contends that high-tech industry cannot survive on its own in the "free market." This being the case, and assuming that high-tech products such as computers, airplanes and microwave ovens are desirable, a question arises as to how to go about funding their production. High-tech research and development with public funds could be done in a variety of ways. Improving the Star Wars program is one way. Increasing social spending on things like technological improvements of public hospitals, schools, infrastructure and so on is another. In his lecture, Chomsky cites instances in the 1940s when arguments as to which of these types of paths to follow were actually had by certain powerful figures. Chomsky argues that the military system of subsidies for business was chosen over the social spending system, even though the social spending system could potentially create a greater number of jobs and be crafted in a more cost effective way, because the military system channels profits into the hands of a relatively few rich investors, while the social spending system would more widely distribute the cash. The military system was also deemed more acceptable because while few people tend to have strong opinions on what sort of tank to build, many do have opinions on how local schools and hospitals should be built and improved; in other words, social spending could have a democratizing effect that those with the power to make the decision viewed as negative. Open funding of high-tech industry on the local level would be difficult because people's opinions would get in the way of private profit; the high-tech products would get made, but making sure that a limited number of people highly profited from them would be somewhat difficult. A much more efficient way of transferring public money to corporate investors is through a federal military system, because the only convincing that needs to be done is that people are being threatened by the Russians, the Cubans, the Iraqis, the Iranians, whoever.

"Corporate Welfare in the US" is an extremely mind-opening and very watchable video. It addresses the largest portion of corporate welfare, which just so happens to be the part that is most often overlooked in the mainstream media, but in alternative media as well. What is most commonly referred to as corporate welfare -- direct subsidies and tax breaks -- are only peanuts compared to the Pentagon System of transferring public funds into private hands. This lecture is particularly important because it examines the phenomena in terms of the historical lack of democratic practice in the United States. This video should be seen by all people trying to determine how to best go about fighting for responsible social spending, peace and/or democracy. Anarchist Chomsky draws the unavoidable connections between these issues brilliantly. This video is available for \$19.00 from Radio Free Maine: "http://www.cyborganic.com/people/stefanRFM.html" or tel/fax (207) 622-6629

--Arthur Stamoulis

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- Tape 3 Marilyn Mackel / *20th Century Slave Ships*
- \* Conference on Faceless Justice and Human Rights in Columbia at the University of Wisconsin March 3 1997
- Tape 4 Noam Chomsky / *Population Control in the New World Order*
- \* Radical Alternatives on the Eve of the Millennium  
Socialist Scholars Conference  
March 28-30 1997 New York City
- Tape 5 Panel 47: Greg Albo, Doug Henwood, Larry Pratt, David Abdulah, Ananya Mukerjee-Reed / *What's Wrong with Global Capitalism*
- Tape 6 Panel 74: Mimi Abramovitz, Ruth Sidel, Michael Lewis, Frances Geteles / *Welfare Reform: the Road to Indentured Servitude?*

\*\*\*\*\*  
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# A home at the end of the world; great book and soon-to-be play in Chicago

Michael Cunningham's *A Home at the End of the World* is a remarkably sweet and moving exploration of character and relationship. Cunningham follows the lives of his four central characters, Jonathan, Bobby, Alice and Clare, as each tries to navigate the murky terrain of personal identity and interpersonal relations and to establish a family and home of their own.

Cunningham splits the narrative among his four central characters, giving each alternating chapters told from a first-person perspective. he also divides the novel into three parts.

Part one is focussed on Jonathan and Bobby's childhood. Cunningham captures all of the excitement and terror of coming of age and sexual awakening as the two boys rescue each other from the monotony of life in Cleveland. All of this is witnessed by Alice, Jonathan's mother, who is at first frightened by her son's new friend, but is ultimately rescued from the boredom of their own life by the two boys.

Part two finds Jonathan living as an openly gay man in New York City. He shares an apartment with Clare, an independently wealthy, pseudo-bohemian jewelry designer. Clare and Jonathan help each other through the trials of urban life and romance and half-jokingly plan to raise a child together. Life is as normal as can be expected in Manhattan until Bobby calls to ask if he can come live in New York with and Clare. When he arrives, he falls in love with Clare.

Part three finds Clare pregnant with Bobby's child. Jonathan, Bobby and Clare move to the country and struggle to form a new kind of family. Meanwhile Alice's home and family have fallen apart when she and her husband are forced to move to Arizona for his health, and he eventually dies.

Cunningham writes with a smooth poetic style that is never pretentious and is always surprising. One reviewer noted that this novel practically reads itself. This is the feeling I have had on my numerous readings of *A Home*

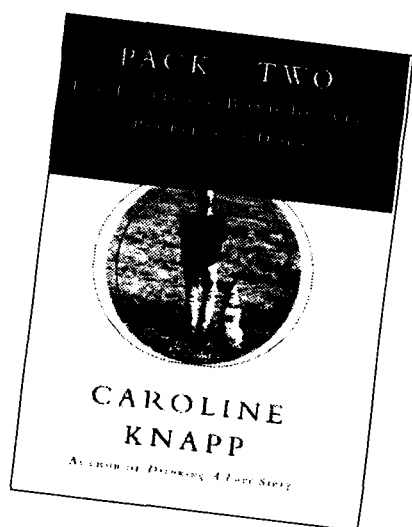
*at the End of the World*. I also highly recommend Cunningham's follow up novel, *Flesh and Blood*.

A new play based on the novel *Home at the End of the World* will be presented by About Face Theatre, 3212 N. Broadway, Chicago, IL 60657, (773) 549-7943, beginning July 9.

Founded in 1995, About Face theatre is Chicago's premiere gay and lesbian theatre dedicated to artistic excellence and innovation within the established and emergent modes of queer theatre.

--Kyle Hall  
QCAD News

## Pack of Two



and I'm single, and I'm having my most intense and gratifying relationship with a dog. But we all learn about love in different ways, and this way happens to be mine, through a two-year-old, forty-five-pound shepherd mix named Lucille."

Knapp explores her relationship with her dog Lucille and how she has become a sort of surrogate child. This new addition to her life has transformed her. "Walks are slower, clothes are different, the language is different and even the equipment is new and strange: you find yourself ordering unthinkable products from the Foster & Smith catalog, and you find your living-room floor littered with sterilized beef bones and rawhide chips and plastic chew toys and ropes and balls."

Knapp also explains and analyzes the rigors of training, the politics of human to human competition in the "doggie park", how our relationships with family pets have evolved over the years, and how animals can be very therapeutic.

As soon as I read the prologue of *Pack of Two*, I knew this would be one of the most beautiful books I've ever read. If you are lucky enough to share your life with a canine friend, this book will cause you to value your relationship even more. It is written in a style that is honest and tender, and manages to tell a heartwarming story without resorting to silly cliches.

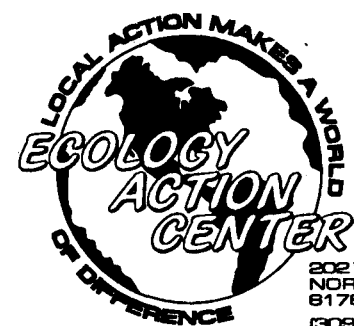
Knapp is also the author of "Drinking: A Love Story." It documents her twenty-year relationship with alcohol. Eighteen months to the day after she quit drinking and lost both of her parents to illnesses, Knapp adopted Lucille from a shelter.

--towanda! proud mother of a mixed lab

Did you ever hear something that resonates so true to what you believe? This is a rare occurrence for me. I'll hear something, whether it be a comedian on television, a song lyric, or from an acquaintance, and immediately respond with, "Yes, that's exactly right, that's it! That's so true." It's like all those random thoughts and observations that you store in your head suddenly become validated.

Well, that agreement of shared values hit me over the head like a ton of bricks when I picked up the new Caroline Knapp book, *Pack of Two: the intricate bond between people and dogs*. It is a love story of sorts, between the author and her two year old dog, Lucille.

"I have fallen in love with my dog. This happened almost accidentally, as though I woke up one morning and realized: Ooops! I'm thirty-eight



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# News from Voice

## Texas court allows protesters near clinic

Buffer zones meant to keep anti-choice protesters away from several Houston area women's clinics violate free speech, the Texas Supreme Court has ruled. In a 6-3 decision released July 3, the court modified buffer zones surrounding four clinics and eliminated the buffer around five other clinics.

Four clinics must now allow up to two "sidewalk counselors" to approach their patients within their buffer zone. However, the anti-choicers must leave patients alone if asked by the patient. Five other clinics must eliminate the buffer zones.

In addition to eliminating some buffers and changing the rules governing others, the court eliminated a buffer zone around the home of one physician and allowed buffers around four others to stand.

The 1992 case involves protests in Houston during the Republican National Convention. Abortion opponents publicly announced plans to protest outside of clinics that perform the procedure and at the homes of physicians who perform the operation. We at Voice for Choice suspect the next protests zones will be established in front of the homes of physicians who prescribe birth control pills, and perform vasectomies.  
Source: Chicago Tribune

## Supreme Court rules on sexual harassment

The Supreme Court took away the "see-no-evil" defense to charges of sexual harassment. The Court has put employers on notice that they must make their workplaces harassment free zones.

The Court ruled that any supervisor is an agent of the employer, regardless of job description or official duties, meaning that the employer can be found liable for harassment by supervisors, whether the employer knew about the harassment or not. This is an important clarification of sexual harassment law.

The Court recognized that a company can be liable even if the woman isn't fired or denied promotions or raises for rejecting unwelcome advances. There are possible problems with the new affirmative defense the Court created for such cases. Under the decision in *Burlington Industries v. Ellerth*, to successfully defend against liability an employer must prove that (1) it has taken "reasonable steps against sexual harassment and (2) the plaintiff "unreasonably" failed to take advantage of the company's sexual harassment policy or to "avoid harm otherwise."

NOW has said employers have an ethical responsibility to prevent sexual harassment. The Supreme Court has confirmed that they have legal responsibility as well. "The best defense against liability is a good offense: management training, effective, well-publicized sexual harassment policy, prompt and appropriate discipline for violators, protection against retaliation and – most importantly – equal opportunity for women."  
Source: Champaign Co. NOW "Women Here and NOW

## A guide to "Christian Coalition speak"

While spending a weekend at a gathering of Pat Robertson's group, Ben A. Franklin, a reporter with *The Washington Spectator* was provided with this guide to their terminology:

Democratic Party – "godless Democrats"  
Pro-choice advocates – "baby-killers"  
Health Care reformers – "socialists"  
Gay rights advocates – "sodomites"

## House passes bill to make helping teens a crime

In early July the Congress passed a bill making it a crime for an adult to transport a pregnant teen across state lines to obtain an abortion if the teens home state has a parental consent law. Law makers were allegedly concerned for the well being of the pregnant girl. Of course they weren't concerned enough to actually enact

stricter prohibitions or consequences on adult males who sexually exploit children. No, instead they just don't want the adult fathers to be able to transport the teen mother to another state without her parents consent.

In reality, what the Congress has done is close the door for teens to find a supportive adult, probably a family member, to talk to about an unplanned pregnancy. Instead teens will find their own transportation, rely on other teens, or adult strangers to transport them to another state. It seems to us the actions of those House members who supported this bill are as criminal as the adult men who sexually abuse teens.

Source: NPR with editorial comments from Voice for Choice

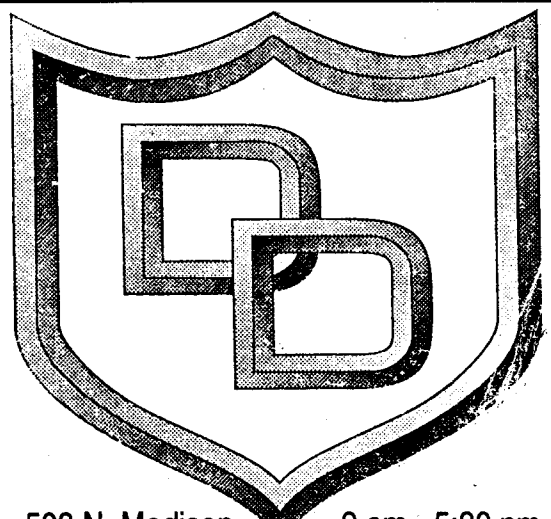
## House overrides abortion veto

The House has voted to override President Clinton's veto of a bill that banned a late term abortion procedure. That will probably be as far as the override effort gets as it lacks enough support in the Senate.

By one account, the House vote was the 94th time it had taken up an abortion matter in the last four years, underscoring the staying power of perhaps the most divisive social issue in the country. Voting 296-123 to overturn the President's October 10th veto, a House majority again expressed its opposition to an intact dilation and extraction procedure that is used in the third-trimester. Congressman Tom Ewing voted with the majority.

Some medical authorities maintain that the intact D&E procedure is rarely if ever required to protect the life or health of the mother. However, the American College of Obstetricians and Gynecologists, in a letter to Congress, said it may sometimes be the best procedure for doing so.

Whatever the medical indications might be, the issue has become a rallying cause for the anti-choice lobby and its allies in Congress. And the debate there has taken on both moral and political dimensions, as some members express their revulsion at the procedure. Other members of Congress were more interested in how many votes their vote may translate into in November (lest we foolishly think the real concern is for the mother or the fetus). It is expected that the issue will come before the Senate in September. The Senate is thought to be three votes shy of the super majority needed to override Clinton's veto. The close count in the Senate is something worth remembering when considering who to vote for in November, Right-wing fanatic Peter Fitzgerald or Carol Moseley-Braun, whose politics have remained in-tact even if her personal life appeared more like that of a Kennedy.  
Source: Pantagraph with editorial comments from Voice for Choice.



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# for Choice

## Issues women face

United States Statistics compiled by Feminist Voices, in Madison, Wisconsin cite the following:

Six of ten mothers potentially eligible for child support actually receive it (Harvard University Press, Confronting Poverty).

Two out of three poor adults are women (McAuley Institute)

Almost half of the women who receive government assistance cite domestic violence as a factor in the need for welfare (McAuley Institute)

Forty-five percent of female-headed households live on incomes below the poverty line (McAuley Institute)

Four out of five displaced homemakers are women over the age of 45 (McAuley Institute)

In the U.S., research shows that only one in 100 battered women ever reports the abuse that she suffers. Crime statistics reveal that most women who are raped know their attackers, as do 40% of female murder victims (Unicef)

The median income of female-maintained families in non-metropolitan areas is \$12,742, compared to \$21,997 for male-maintained families and \$37,080 for married couple families (McAuley Institute).

Worldwide women face even greater issues:

Discriminatory feeding practices and inequitable access to health care cut short the lives of girls and women in some regions of the world (Unicef)

Roughly 60 million women who should be alive today are not as a result of a spectrum of violence that includes sex selection before and after birth, and the enormous toll – often unavoidable – of maternal mortality. Approximately 585,000 women die in pregnancy or childbirth each year (Unicef)

Of the estimated 1.3 billion people worldwide living in poverty, more than 70% are women and girls (Unicef)

While women have the right to vote everywhere except in six Middle Eastern countries and Brunei Barussalem in South East Asia, worldwide they hold just 7% of high-level elected and appointed offices in government (Unicef)

In many countries, girls are only half as likely as boys to go to school; children are impaired from birth because of malnutrition, inadequate health care, and little or no access to early childhood development programs (World Bank)

Current major problem areas in literacy are in Asia, Africa and Central America...availability of schooling and the traditional notion of the sexual division of labor – the assignment of women to domestic tasks – are important factor. In almost all

developing countries, women tend to be less literate than men (Scientific American)

In some areas of the world, men outnumber women by five or more in every 100 as a result of prenatal sex selection, female infanticide and other practices (Unicef)

## Newsbriefs

Afghanistan's extremist Islamic Taliban government announced it would not allow foreign Muslim women working for the UN and private agencies to enter the country unless accompanied by a close male relative, according to UN sources.

Human rights activists in Pakistan are urging the government to repeal a law that freed a man who confessed to killing his sister. Qaiser Mahmood killed his sister, explaining later in court that he found her "in a compromising position with a man." He was acquitted because his parents, who are also the legal heirs of his sister, pardoned him.

In April, Iran's parliament gave initial approval to a law requiring hospitals to fully segregate all health services by gender. This move puts women's health in severe jeopardy because there are not enough women doctors across the country to attend to women's needs.

A 13 year old Hungarian girl, who was denied an abortion by a court after an office of public guardianship had allowed an anti-choice group to nominate a guardian for the fetus, has had the decision reversed. The Welfare Minister said that the law had been broken by the acceptance of guardianship for the fetus, and that the abortion could go ahead after all.

## Bob Dornan running for Congress

What else can we say? Well, he has been endorsed by James Dobson, Focus on the Family and Promise Keeper founder. Oh yeah, Dobson has also endorsed Randall Terry (former Operation Rescue Director) for Congress too. Dobson is rapidly becoming more powerful than Pat Robertson. Dobson's radio spots are heard on WJBC and the Pantagraph runs his syndicated column – might be worth commenting to these folks about that.

## More clinic attacks

Clinic attacks have picked up again. This time the weapon of choice is a foul smelling chemical that investigators believe has been used in numerous attacks over the past few months. In Florida clinics have been attacked as holes were drilled through doors and the chemical poured into the facility through the holes. Investigators believe the chemical may be butyric acid, a chemical with an overwhelming, vomit-like smell that can irritate the eyes, nose and throat and cause coughing and difficulty breathing.

Source: Pantagraph



## More warm, fuzzies from the Religious Right

"Abortionists should be put to death. They are murderers." Jeff Baker, 10th Amendment Militia

"We should be forming militias." "This Christmas I want you to do the most loving thing...buy each of your children an SKS rifle and 500 rounds of ammunition." Rev.Matt Trewhella, U.S., Taxpayer Party.

"We give moral approval to the use of bombs, poison gas and other weapons of mass destruction." Press release statement from the Justifiable Homicide Fellowship

## Jury finds Operation Rescue guilty and Scheidler guilty

A Chicago jury has found Operation Rescue, Joe Scheidler and their co-defendants guilty under the Racketeer Influenced and Corrupt Organizations (RICO) Act. The defendants will be liable for triple damages under the Act. The suit was filed on behalf of clinics and women and charged that anti-choice groups were conspiring in their tactics to shut clinics providing abortions down. The jury agreed.

## Legislators attack women's rights before adjourning

A bill sponsored by U.S. Senate candidate Peter Fitzgerald has passed the Illinois House. The bill changes the current Illinois law on Medicaid funding of abortion. It removes the "health" exception as a reason for abortion and requires rape and incest victims to report the incident within 12 hours after the event in order to get a Medicaid paid abortion. Both requirements have been ruled unconstitutional by the courts. The bill goes to Governor Edgar who has indicated he will likely veto the bill. Source: Illinois NOW Times

# Harper's Index

Percentage of American men under the age of 50 who own a pair of Dockers Khakis: 70

Chance that an American who believes abortion is murder also believes that it is "sometimes the best course": 1 in 3

Estimated percentage of drugs donated since 1992 to victims of the Bosnian war that were unusable: 50

Estimated amount that the drugs' destruction would have cost the donors: \$25,500,000

Chance that a movie script copyrighted in the U.S. before 1935 was written by a woman: 1 in 2

Estimated gallons of jet fuel required to send Al Gore to Kyoto's Global Warming Conference last December: 60,000

Gallons of gasoline required to truck Ted Kaczynski's shack from Montana to California last year: 250

Ration of NBC's budget for the next season of *ER* to the annual budget of New York's Bellevue Hospital: 1:1

Total fines levied by the NBA this season on players whose shorts were too long: \$67,500

Number of Congress members who attended a Capitol Hill hearing last March on the genocide of Muslims in Bosnia: 4

Amount by which NASA is over budget on its international space station: \$3,900,000,000

Number of cities that require companies receiving public funds to pay a "living wage" above the federal legal minimum: 11

Number of people besides Al Gore who called the *Washington Post* last March to point out an "upside-down" Earth photo: 0

Estimated number of calls made to Californian Al Nino last year by people asking, "Why are you doing this?": 100

Number of former U.S. Representatives who are now Microsoft lobbyists: 3

Number of Americans sentenced to federal prison for marijuana convictions since 1992: 21,424

Percentage of parents who say that they would abort a fetus found to be predisposed to obesity: 11

Number of years Britain's Prince Charles has farmed organically: 12

Percentage of Ford Explorer owners who have never taken their vehicle off-road: 87

Number of nuclear-plant accidents in Ukraine since 1993: 418

Number of the 535 free subscriptions *Hustler* offered members of Congress last year that were rejected: 16

Ratio of pollution generated by a leaf blower in one hour to that generated by driving a car one hundred miles: 1:1

Number of animals that died in accidents at Disney's new Animal Kingdom park before it opened last April: 27

Number of cars broken into by bears last year at Yosemite National Park: 889

Ratio of California prison jobs created between 1984 and 1994 to state jobs in higher education cut during that time: 3:1

Amount for which a Missouri inmate offered to sell one of his organs last winter to pay his legal fees: \$50,000

Percentage of violent offenders in state prisons whose crime was committed under the influence of alcohol abuse: 21

Percentage whose crime was committed under the influence of crack or cocaine alone: 3

Number of weeks after the Monica Lewinsky story broke that a Denver company began selling "presidential kneepads": 3

Percentage of lab animals launched aboard NASA's Neurolab last April that died in orbit, snails excluded: 70

Number of juvenile offenders awaiting execution in the U.S.: 69

Age of McCaughey septulets by the time they got their first agent, in days: 20

Number of days last March that a Georgia teen was suspended after wearing a Pepsi shirt on his school's "Coke Day": 1

--Source: Harper's Index, Harper's Bazaar.

